

Great Falls  
CONNECTION

Inside



Senior Living

# Deadly Potomac

NEWS, PAGE 3

A kayaker paddles below the falls near an overlook at Great Falls Park.

Great Falls  
Artists Exhibit  
in Reston

NEWS, PAGE 9

BrightView  
Opening Soon

NEWS, PAGE 13

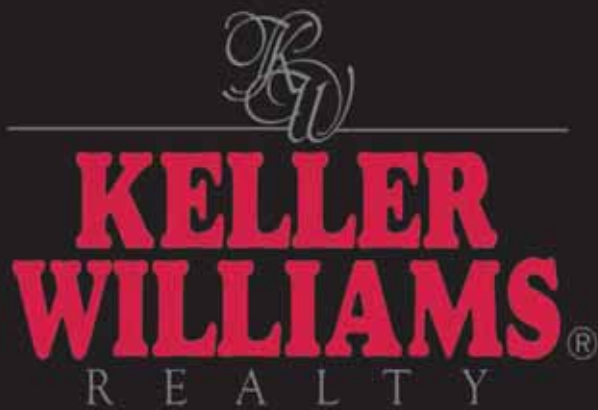
OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 10 ♦ CLASSIFIEDS, PAGE 14 ♦ SPORTS, PAGE 12

PHOTO BY REENA SINGH/THE CONNECTION

SEPTEMBER 3-9, 2014

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)





Bob Nelson



Michele Cornejo



Tim Heil

Licensed in  
VA/MD/DC

## The Bob Nelson Team

www.GreatFallsTeam.com ~ 703-999-5812 ~ 703-636-7300

774A Walker Road, Great Falls, VA 22066



PW8349529 - \$1,250,000 - Nokesville, Va  
11506 Parkgate Drive, BRING YOUR HORSES!  
72+ Acres, Spectacular Horse Property featuring  
newer home, stables with up to 50 stalls,  
indoor/outdoor riding rings, riding trails +more!



FX8374670 - \$1,499,000 - Great Falls  
10713 Falls Pointe Dr, Expansive 5 BR, 4.5 Bath  
Southern colonial with main level MBR. Beautifully  
sited on nearly 2 acres, this home is perfect for entertaining.



FX8381418- \$1,300,000 - Great Falls  
10722 Fawn Dr, 5BR, 4.5 baths, stunning cedar and stone  
contemporary on 5+ Acres, lots of windows and skylights  
bring the outdoors in. Private drive, nature lovers dream!



FX8221077 - \$785,000 - Great Falls  
10898 WOODLEAF LN, 3BR 2.5BA log home  
on 2 wooded acres "Certified Wildlife Habitat",  
Koi pond, cedar window storage seats, open beam  
ceilings, gorgeous deck views.



FX8328766 - \$1,250,000 - Vienna  
10514 Dunn Meadow Rd, 5 Bedrooms, 5 Full-  
5-Half baths, Home Theatre, power outage  
generator, recently updated, close to Lake Fairfax.  
Gorgeous home!



LO8274054 - \$855,000 - Sterling  
20269 Island View Ct - 5 Bedrooms, 3.5 Baths,  
Next to Trump Nati'l Golf Club, Cascades Amenities,  
Chef's kitchen, enviable closet, resort style living!



AP8342771 - \$1,225,000 - Arlington  
1240 Stuart St N, Commuter DREAM  
HOME, 2 blocks to Ballston metro,  
3BR, 3.5BA with garage, open plan,  
hardwood floors, gourmet kitchen,  
gas fireplace, balcony  
and flagstone patio.



LO8369118 - \$349,900 -  
Ashburn -  
43453 Blair Park Sq.,  
Immaculate 2 bedroom, 2.5  
bath 3 level end-TH, HW flrs  
on main lvl, granite counter,  
maple cabinets, deck off  
kitchen and more!



LO8329961 - \$355,000 -  
Ashburn  
43483 Blacksmith Sq,  
Lovely end-unit town-  
house, 3 Bedrooms, 3.5  
baths, office space,  
close to the Greenway!



LO8280390 - \$455,000  
Sterling  
312 Samantha Dr, 4BR, 2.5BA,  
enclosed sunroom, finished  
basement, mature trees,  
great commute!

Join us for our kick-off dinner on September 8 at our

**Military Appreciation Monday (MAM)**

event at The Old Brogue in Great Falls.

We will be hosting **Semper Fi Fund**

The Old Brogue is located at the corner of Georgetown Pike and Walker Road in Great Falls.

Call (703) 759-3309 to reserve your table at either the 5:30 or the 7:30 seating.

Bob and his co-sponsors will each make a 10% matching donation of your dinner tab!

**Bob Nelson**

Realtor, Keller Williams Realty

A Lifetime of Service to Community & Country

Office: 703-636-7300

Cell: 703-999-5812

Bob@GreatFallsTeam.com

www.GreatFallsTeam.com

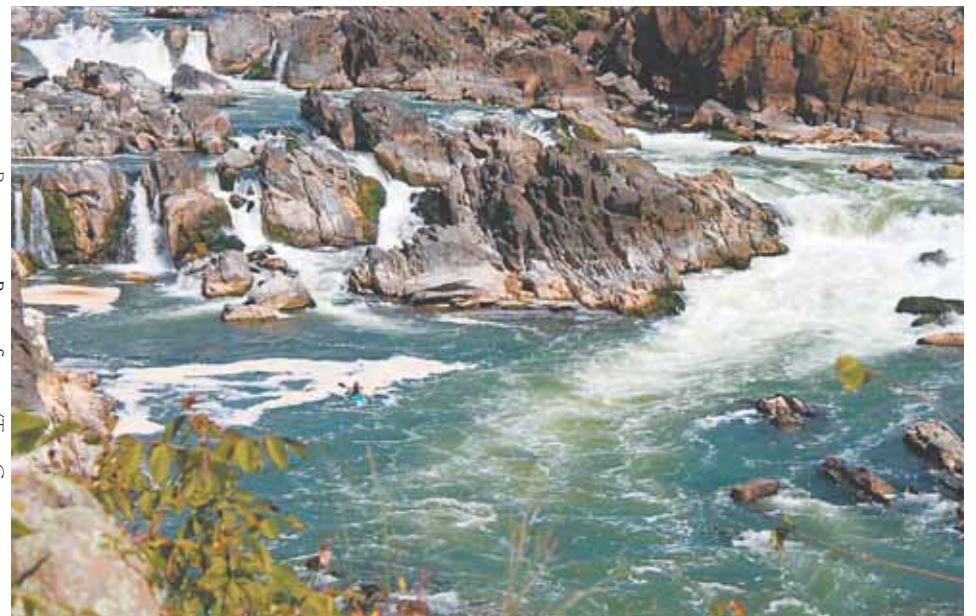






PHOTOS BY REENA SINGH/THE CONNECTION

Signs all over Great Falls Park warn visitors about the dangers of the Potomac River.



A kayaker paddles below the falls near an overlook at Great Falls park.

# Deadly Potomac Drownings near Great falls Park are visitors, say experts.

BY REENA SINGH  
THE CONNECTION

Every year, a handful of people fall victim to the surging, powerful waters of the Potomac Gorge. According to experts, most accidents on the white waters near Great Falls Park are from visitors rather than experts kayaking or rafting the rapids.

Visitors who come to Great Falls Park are surrounded by signs warning them about the dangers of getting into the water. Even getting in ankle-deep is frowned upon at the park. Firefighters at Great Falls Volunteer Fire Station are trained to rescue anyone who was whisked away by the waters.

"On average, we have about seven drownings," said Station 12 Commander Michael Allen. "We just ran a guy about four weeks ago who, it turned out, had a head injury he ended up dying from."

He said the station is usually called to make a water rescue several times a month.

"The kayakers who are there, most of them are semi-professional and are very experienced," he said. "We rarely have trouble with them. It's the visitors that we tend to have trouble with."

He said the station's success rates have a lot to do with firefighter swift water certi-

cation and mandatory training every quarter. However, he said that for many who fall in at the S-turn around the falls, the survivability rate is very low.

**EVERY WEEKEND IN AUGUST**, the station has been at Great Falls Park with their equipment to show to the public and raise awareness about how dangerous the waters are.

"If we can prevent the 911 call, that's what we want," said Allen. "That water is incredibly unforgiving."

To a kayaker, the Potomac Gorge is broken into two parts: Class 5 being the waterfalls and Class 3 below the falls. Even paddlers who have kayaked Class 5 rapids take safety precautions on the water.

"Obviously, you never go out there alone," said Jordan Poffenberger, Fairfax. "When you run it the first time, you go with someone who knows it. You actually get out of the boat and scout it. Every time you go down a waterfall, it's not a thrill. Every single time, it's a calculated risk."

Poffenberger knows what he's talking about. The 20-year-old kayaker is a gold medalist at the World Freestyle Championship.

He has been paddling since he was 5-years-old and has been on the national cir-

cuit for about seven years.

"I started pretty young," he said. "This is one of the biggest paddling communities in the world."

He has memories of hiking with his family at Great Falls Park and paddling the rivers as a child.

Although he is experienced, he said paddlers always wear, personal floatation devices, helmets and carry rope in case they need to pull a fellow paddler out of the water. For new courses, they'll carry extra rope and a kit with pulleys and carabiners.

"You never see a professional paddler out there saying he's risking his life," he said. "If there's any more than a 0.001 percent chance that I'm risking my life, then I won't run it."

That's not to say that accidents with kayakers do not happen. Poffenberger's own estimation was that one kayaker in the area falls victim to the Potomac's raging waters every five years - a number that he says is high.

**JUST A YEAR AGO**, professional paddler Shannon Christy died before the 2013 Great Falls Race, a part of the Potomac River Festival. That year, the race was canceled to hold a memorial service in her honor.

Scott Coulter, owner of Outdoor Excur-

sions in Maryland, said he remembers when he used to paddle the falls.

"The thing with kayaking the falls is that you're playing with fire because you never know what will happen," he said. "A slight change in the water level could change everything. You could go 100 times and never have an issue."

Still, he is convinced that the majority of deaths that have happened due to drowning is because the person was not wearing a personal flotation device. Most likely, he echoed from other experts, they were visitors who wanted to see how far they could wade in the water.

He has been leading kayak and rafting excursions on the Potomac River since 1985. While he does not lead excursions over the falls, he said the day trips to the Potomac Gorge have gone well so far. Before a trip, he teaches participants how to react if they fall in the river.

"We've actually flipped rafts going up the river, but we've always had a safety boat there just in case something happens," he said.

He said the falls appeals to kayakers looking to take the next step in their paddling experience.

"It's there, it takes skills and it's a challenge," he said.

## Towlston Bridge Re-opens in Time for School Year

The Virginia Department of Transportation re-opened two bridges in Fairfax County on Sunday, Aug. 31, after crews worked quickly to replace the crossings in just two months and restore traffic for school bus routes.

Towlston Road over Rocky Run in Great Falls opened Sunday. Plans were underway to replace the original 1949 bridge when it was washed out by Tropical Storm Lee in 2011. The new bridge re-

placed a temporary structure provided under emergency contract in 2011 and now has an improved hydraulic capacity to handle high water during storms.

The \$1 million project was completed by Shirley Contracting Company. For project details, visit [http://www.virginiadot.org/projects/northernvirginia/towlston\\_road.asp](http://www.virginiadot.org/projects/northernvirginia/towlston_road.asp). The Twin Lakes Bridge over Johnny Moore Creek in Clifton re-opened Sunday afternoon too.



PHOTO CONTRIBUTED

Towlston Road bridge over Rocky Run in Great Falls opened Sunday.



Faith Notes are for announcements and events in the faith community. Send to [greatfalls@connectionnewspapers.com](mailto:greatfalls@connectionnewspapers.com). Deadline is Friday.

**Temple Beth Torah**, a Reform Jewish congregation and member of the Union for Reform Judaism (URJ), holds services and Religious School in the heart of Chantilly. The congregation offers the Northern Virginia Jewish community services that provide numerous spiritual, educational, support and social opportunities including religious school for member children age 3 through Bar/Bat Mitzvah and confirmation. Our congregation welcomes all members of the community to attend any of our services or events. For more information, a newsletter, or a membership package call Jennifer Harding, 703-217-8938 or visit [www.BethTorah.net](http://www.BethTorah.net)

Upcoming service and event schedule:

❖ Shabbat Service, Friday, Sept. 5, 7:30 p.m., New/Prospective Member Shabbat

❖ Religious School, Sunday, Sept. 7, 10:30 a.m. - First day of religious school

❖ Picnic, Sunday, Sept. 7, 12:30 p.m. - Annual Brotherhood Picnic, Frying Pan Farm Park

❖ Ladies' Book Club, Tuesday, Oct. 14, 7:30 - Join us for this "pot-luck" style book club that meets every other month on the second Tuesday of the month. This club is open to all women. Plan to bring a drink or appetizer to share. We will be discussing "This is Where I Leave You" by Jonathan Tropper.

**Community Rally and Family**

**Fun Day** will be held at The Hunger Church, Charles Wesley United Methodist Church, 6817 Dean Drive, McLean on Sunday, Sept. 7, from 9 a.m. to 2 p.m.

Sunday School for all ages - 9 to 10 a.m.

Outdoor Worship Service - 10:30 to 11:30 a.m.

Family Fun and BBQ Picnic - 11:30 a.m. to 2 p.m.

Enjoy a fun-filled Rally Day and Family Fun Day featuring an outdoor worship service, barbeque picnic lunch, and family fun activities, including a moon bounce, games, crafts, and more. The event is casual and bring your own lawn chair or blanket, if you prefer.

We hope to see you for study, worship, fellowship, and fun. [www.TheHungerChurch.org](http://www.TheHungerChurch.org)

**The Antioch Christian Church** offers a time of Prayer and Healing on Wednesday evenings at 6:30 p.m. for anyone wanting encouragement and healing through prayers.

People are available to pray with you or for you. Antioch Christian Church is located at 1860 Beulah Road in Vienna. [www.antiochdoc.org](http://www.antiochdoc.org)

**The Jewish Social Services Agency (JSSA)** offers a wide variety of support groups for those with emotional, social, and physical challenges. [www.jssa.org/growth-learning](http://www.jssa.org/growth-learning)

**HAVEN of Northern Virginia** offers a variety of free bereavement support groups, meeting on a weekly basis. 703-941-7000 or [www.havenofnova.org](http://www.havenofnova.org)

## NEWS

# Speaker's Series to be Held in Great Falls

The series kicks off on Sept. 23 at the Great Falls Library.

The Great Falls Speaker's Series, a dynamic, new series that will feature a wide array of literary artists from diverse creative backgrounds, will kick off on Tuesday, Sept. 23. The evening events, to be held monthly at the Great Falls Library, will be free and open to the public.

Kristin Clark Taylor, creator of the new series, is designing the monthly forums to be inclusive, inviting and intellectually stimulating for the entire community.

Taylor, also founder of the popular Great Falls Writer's Group, envisions this monthly forum as a way, "to open up a sustained, intimate dialogue between writers from every walk of life and the Great Falls community at large." In addition to bringing in well-known authors, Taylor says the goal will be, "to shine a bright light on the entire, colorful spectrum of the writing world - from journalists, playwrights, and memoirists to well-known humorists, historians, and just about anyone else in between. The only requirement," she says, "is that our speakers have a driving passion for the written and the spoken word. It's high time for these kinds of easy, intimate, intellectual conversations to take place - so why not have them take place within the comfort of our own community?"

To launch the series, Pamela Palmer, a Herndon resident and New York Times best-selling author of 16 novels, will speak on the first night, Tuesday, Sept. 23. Taylor thought it significant, symbolic and "uniquely inspiring to our local community," to have a local author of national repute be involved in the kick-off.

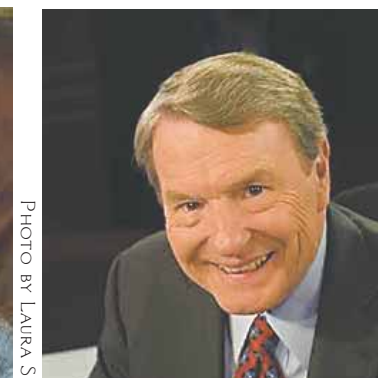
Palmer, too, is enthusiastic about the new series. "I'm thrilled to be a part of this new series," the author says, "because it opens up important, ongoing dialogue between writers of all kinds and the larger community. We need an outlet like this to celebrate literary diversity and encourage creativity."

Nancy Hannan, a charter member of the Great Falls Writer's Group, which began a year ago, is



PHOTO BY MARTI CORN PHOTOGRAPHY

**Best-selling author Pamela Palmer will help launch the new Great Falls Speaker's Series on Tuesday, Sept. 23. The popular author, a Herndon resident, will read from and discuss her newest book, "Wulfe Untamed."**



COURTESY OF PBS NEWSHOUR

**New York Times best-selling author Susan Coll will be on hand Thursday, Oct. 23, to discuss her own creative process and to read from her newest novel, "The Shaper."**

**Jim Lehrer, veteran newsman, author and playwright, will be the featured speaker on Tuesday, Nov. 18, when he describes his own creative process and discusses his newest book, "Top Down," a historical novel about the Kennedy assassination.**

also a key organizer for this new Speaker's Series. "I love being a part of the Writer's Group, where we focus on our own work," she says, "but I'm also looking forward to the energy that comes from opening our embrace a little wider," she says.

Here's the roster so far:

❖ Tuesday, Sept. 23: Pamela Palmer - The New York Times best-selling author and Herndon resident will discuss her creative process and read from her newest book, "Wulfe Untamed," the riveting finale to her best-selling Feral Warrior series.

❖ Thursday, Oct. 23: Susan Coll - The New York Times best-selling author whose newest novel, "The Stager," was released this summer to rave reviews, will discuss her own literary rhythms and engage in Q&A.

❖ Tuesday, Nov. 18: Jim Lehrer

— The veteran newsman, playwright and author will discuss his lifetime in words and his recent novel, entitled "Top Down," about the Kennedy assassination.

These will be evening forums, beginning at 7 p.m., at the Great Falls Library, 9830 Georgetown Pike. Each forum will begin with a brief reception (wine and cheese), immediately followed by introduction of the featured speaker.

Seating is open; no reservations will be taken. For this reason, it's recommended that guests arrive a few minutes early. Unless otherwise noted, these forums are generally for adults only. On occasion, there will be youth-focused forums - popular children's book authors and other literary professionals whose words reach a younger audience - and all of these will be announced.

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

there's more to

# YOU

than depression.

FORWARDstudies.com

When symptoms persist, there may be more you can do.

If feelings such as depressed mood or lack of energy are keeping you from the things that matter to you, you may be eligible for this research study. It's evaluating an investigational drug designed to work with antidepressants to see if it can help address unresolved symptoms of depression.

All eligible study participants will receive at no cost:

Consultation with study doctor	Study drugs	Study-related care and visits
--------------------------------	-------------	-------------------------------

TO LEARN MORE:

**NeuroScience**  
703.787.9090

FORWARD STUDIES

Whether or not you are currently taking an antidepressant, you may be eligible to participate.



## Remembrance Ceremony to be Held on Sept. 11

On Thursday, Sept. 11, at 7 p.m., the Friends of the Great Falls Freedom Memorial will hold their annual September 11 Remembrance Ceremony at the site of the Freedom Memorial (behind the Great Falls Library at 9830 Georgetown Pike). The event will include the Pledge of Allegiance led by Boy Scout Troop 55, patriotic songs, remarks by Richard R. Bowers, Jr., Chief of the Fairfax County Fire and Rescue Department, and a bell-ringing for each of the residents of Great Falls who perished on September 11. It has been said that Great Falls suffered the highest per-capita casualties on September 11 of any locale in the country. The proceedings will conclude with a wreath-laying by local dignitaries. This ceremony is open to all and ample parking is available in the Library parking lot. In case of rain, the ceremony will move into the Library's meeting room.

## Military Appreciation Monday Season Kicks Off

On Monday, Sept. 8 there will be a kick-off of the 2014/2015 Military Appreciation Monday season. The season opener will be in support of the Injured Marine Semper Fi Fund. Go to [semperfifund.org](http://semperfifund.org) to learn more about what this organization - created by Marine spouses - does to provide financial, emotional, and tiered support for injured/ill service members and their families.

As always, the dinner will be held at the Old Brogue in Great Falls with two seatings at 5:30 and 7:30. Be sure to call 703-759-3309 to make a reservation. Invite family, friends, and neighbors to show your support for these brave men and women who risk everything for our freedom.

The Semper Fi Fund hopes to have five or six Marine families join the event. Visit: [www.bobnelsonsteam.com](http://www.bobnelsonsteam.com) for more details if needed.

## Service Academy Application Deadline Sept. 15

Rep. Frank Wolf (R-10th) announced that the deadline for students interested in applying for a nomination by the 10th District

SEE WEEK, PAGE 8

WWW.CONNECTIONNEWSPAPERS.COM

For a free digital subscription to one or all of the 15 Connection Newspapers, go to [www.connectionnewspapers.com/subscribe](http://www.connectionnewspapers.com/subscribe)

Be the first to know - get your paper before it hits the press.

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: [goinggreen@connectionnewspapers.com](mailto:goinggreen@connectionnewspapers.com)



**THE CONNECTION**  
NEWSPAPERS



### You do your best to keep your kids healthy and fit... But, what about YOU?

It's back-to-school season, and busy parents everywhere are running around, managing new routines, juggling schedules and shuffling the kiddos from one afterschool activity to the next. Gymnastics, sports practice, martial arts, dance - you make it a priority to ensure your kids get the physical activity they need to live a healthy, happy, well-balanced and FIT life from an early age. **But what about YOU?**

Are you among the group of parents sitting in the waiting room or on the sidelines while your kids are physically active? What are you doing to improve your health and the quality (and quantity) of your life?

There never seems to be enough time left in the day for Mom and Dad to take care of themselves. It's easy to say, "I'm too busy," and do another errand rather than hit the gym.

But when you make fitness a priority for the entire FAMILY - parents included - you are setting a healthy example and establishing a lifestyle that kids will have for life. Taking just 15-30 minutes for a workout is important for managing stress, looking and feeling great, and having more energy. **Bottom line: a fit parent is a happy parent. And happy, fit parents have happier, healthier kids.**

That's why I came to Koko FitClub. I am a busy dad, and my kids mean everything to me. I'm proud to be leading my team to serve this community to changes lives, setting a positive example for my children, and becoming a healthier dad in the process. Koko offers a fast, efficient workout - so you can get in and out before the kids are done with karate.

You CAN be that fit, strong person you've always wanted to be - for yourself and your family. Let us prove it to you. I feel so strongly about what we do at Koko FitClub, and believe it will truly change your life, that I invite you to try 30 days of Koko for just \$30 -- no obligation. Come in for a visit, meet my team, try our club for yourself, and see how easy it can be to fit fitness into your busy life. Don't just do it for you - do it for the kids!

Yours in good health,  
Scott Richardson and the Koko FitClub Team

**30 Days for \$30**  
No obligation

Try us 30 days risk free for just \$30. Meet our team, talk with our members, and enjoy all that the digital gym has to offer.

There is no obligation. If you don't love Koko in 30 days, we don't deserve you as a client!

## Dynamic DanceWorx

Does your little one dance around the house or sing along in the car? Are little feet performing a tap dance on your hardwood floors? That means there's a performer-in-waiting in your household, so it's time to begin dance classes in jazz, ballet, hip hop or tap!

**50% savings!**

**Only \$99 for three months of dance classes!**

Come dance in our December holiday recital! Please see our website for class availability - [dynamicdancworx.com](http://dynamicdancworx.com) - or call 703.980.1982 for additional information. We're conveniently located off Rt. 7 and Fairfax County Parkway near Woody's Golf. Offer is valid for new students only (one class per week for three consecutive months) and may not be combined with other offers. Limited time only - offer expires 9/19/2014.



## Koko FitClub WE CHANGE LIVES



"We Koko because fitness is a family affair!"  
- Debbie & Paul Baker



"Turning 47, I have never been this physically fit in all my life - even before 3 children! Koko has been the easiest workout plan for me to stick with without getting bored, and it is by far the most efficient. The friendly and helpful Koko employees are like family. On a recent trip to Mexico people were saying that my 17 year old daughter and I look like sisters (OH YAH!) on the beach - PRICELESS!"  
- Linda Weber



"There is absolutely no way I would achieve what I do at this club ANYWHERE else. I've lost over 15 lbs, my blood pressure is lower, and I am looking and feeling better than I have in 10 years!"  
- Scott Kreitz

**Koko**  
A Digital Gym

Changing your life starts here.  
Call, click or come visit us to get started!

Koko FitClub of Ashburn  
571-612-2332

Koko FitClub of Great Falls  
571-612-2330

Koko FitClub of Herndon  
571-612-2331

Koko FitClub of Reston  
571-612-2333

[www.kokofitclub.com](http://www.kokofitclub.com)



# OPINION

# Back to School

BY KENNETH R. "KEN" PLUM  
STATE DELEGATE (D-36)

**A**lthough it has been many years since I was a teacher in the classroom, I still get a nervous stomach around Labor Day each year in anticipation of the beginning of a new school year. Teaching is the hardest work I have ever done in my life including being a legislator. I taught before the era of Standards of Learning (SOLs) and massive standardized testing. The challenge I and my colleagues had in our time was to recognize, nourish and expand individual students' knowledge, talents and abilities. Today's teachers have unfortunately been forced to teach to standardized tests that do not recognize individual student's knowledge, talents and abilities nor do the tests or the assessment process of teachers recognize their unique skills and talents.

I attended the annual meeting of the National Conference of State Legislators (NCSL) recently where Sir Kenneth Robinson, noted author and speaker, spoke about the need for



## COMMENTARY

revolution—not reform—in public education. ([www.ncsl.org/research/education/q-and-a-sir-ken-robinson.aspx](http://www.ncsl.org/research/education/q-and-a-sir-ken-robinson.aspx)) He expressed concern that schools are organized on an industrial model—I have described it as a factory—where all the children are expected to come out alike at the end of schooling. At the same time we recognize in society the special talents individuals may possess, the orientation of many schools for too many years has been to ignore individual differences and to have identical expectations for all students. Schools cannot operate successfully as a factory of the past where every student becomes the same widget, but schools need to adopt a mass customization model where every student is recognized as a unique being.

As Sir Kenneth Robinson expressed it, "education is meant among other things to develop people's natural abilities, and I believe it really doesn't do that...To focus on them in the traditional school setting, very many brilliant people are weaned away from the very talents

that excite them." For Robinson, schools should focus on awakening creativity and developing natural curiosity. "Much of the present education system in the United States fosters conformity, compliance and standardization rather than creative approaches to learning," he says.

Clearly the standards and testing programs have gone too far, and fortunately the push back from students, parents and teachers is finally being recognized by legislators. The General Assembly reduced the number of SOL tests required, and a commission established to look at the issue is likely to recommend even more reduction. Graduation requirements need to be made more flexible in order that students can more fully develop their individual talents. Sir Kenneth Robinson's curiosity and creativity need to be rewarded in the classroom.

The anticipation I feel with back-to-school time is shared by parents, students and teachers alike. The excitement needs to be recognition of the great things that happen in classrooms every day. The managers of that process—the teachers—deserve our gratitude, recognition and better pay. When you talk with a teacher, please join me in thanking them for their dedication and hard work.

## LETTERS TO THE EDITOR

### Foust for Congress

To the Editor:

Judging from the billboard-sized signs in Great Falls, you'd think Comstock had voters there locked up. But duck beneath the signs, knock on some doors, and you hear a different story. I knocked on both Republican and Democratic doors and found voters interested in hearing about John Foust, the Democrat running in the 10th District to replace retiring Representative Wolf. Most recognized John as their Fairfax County Supervisor with a track record for providing excellent constituent services. Moreover, voters appreciated the fact that as Vice Chair of the Budget Committee he helped develop seven budgets that squeezed out excess spending, protected essential services, invested in the future, and were balanced, which is not easy when population continues to grow steadily and economic times are challenging. In appreciation for his service and leadership, constituents from each of his precincts re-elected him as Supervisor, handing him a victory with a whopping 61 percent of the vote. From my experience in Great Falls, it looks like they will send him to Congress as well.

**Linda Burchfiel**  
McLean

### Citizen Oversight Needed

To the Editor:

I rarely agree with Connection editorials, but the one deploring how our police have become militarized ("Accountability for Police in Northern Virginia," Connection, Aug. 20-26, 2014) is praiseworthy. I'm a retired Navy officer and have had no run-ins with any police.

Your editorial should have mentioned the mindless opposition of our Fairfax Co. Police Dept. (FCPD) to any sort of citizen oversight committee who might expose the facts behind the dirty laundry your editorial highlighted. A related problem is the number of accidents caused by speeding police cars.

The Fairfax Co. violent crime rate is happily quite low, yet we have a bloated PD. Recent media reports noted that the number of murders in our county is tiny, yet inexplicably two different sets of statistics exist.

Why does Fairfax Co. need police helicopters? What crimes have they solved?

Why do we need a FCPD marine patrol when most of the Potomac belongs to Maryland and armed, US Coast Guard boats patrol it from Station Washington? What terrorist attacks has our marine

patrol intercepted?

FCPD have so little serious crime to address that it wastes time on revenue generators like the annual "50 Means 50" to intimidate drivers on Fairfax Co. Pkwy, where the speed limit could be 55 if not 60. When our police devote massive resources to minor speeding infractions one wonders if reasonable budget cuts couldn't be made.

Why does GMU have police? Why not just private security guards? GMU police harassed a male, Muslim student in the library and shot at a car near one of the parking garages. Campus crime is so low that Mason cops write tickets on Braddock Rd. Can anyone recall one positive anti-crime accomplishment of the GMU police? Crossing a campus street in a crosswalk I was nearly hit by a fire chief's car on a Sunday morning. When I reported it at the huge new GMU police station, zero action was taken to contact the Fairfax City FD.

Uniforms set a tone. Some police forget that they are "peace officers" and should do all they can to diffuse a situation. When you come in dressed like a member of the military of a banana republic, don't you set a confrontational tone? Are brown shirts the best choice for our sheriffs? Do they and the state police wear drill sergeant-like hats to intimidate? Why do they need a hat? Contrast today's militarized police uniforms

with those worn in 19th century America. In that era, our police looked like today's Bobbies in the UK. Why can't today's police wear slacks and a polo shirt?

I suggest your reporters ask what things have been transferred to FCPD by DOD, DOJ and DHS. Don't assume that military gear comes solely from DOD. Then contrast with what has been transferred to Vienna, Fairfax City, Falls Church, Clifton, Herndon, and Fairfax Co. Sheriff.

Aside from intimidation and beligerence, there's "professional courtesy," a euphemism for police ignoring violations by police. I slugged into D.C. in August and rode in an ex-police car that still looked the part (antenna, search light, gray paint, etc.). The owner said he blew thru a Reston speed trap doing 85 and the FCPD just waved. Driving into Arlington at 6:30 a.m. on the HOV stretch of I-66E, a single D.C. cop in an unmarked, white SUV roared up onto my tail then flipped on his blue lights so he could pass. I've had D.C. cops in marked cars speed up on me on I-66W in Ballston with their blue lights on. Recall the incident with D.C. cops escorting Charlie Sheen from Dulles into D.C. in a high-speed motorcade? Various non-VA police with a single occupant drive with impunity in the I-395 HOV lanes during com

SEE LETTERS, PAGE 7

## Great Falls CONNECTION

[www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by  
Local Media Connection LLC

1606 King Street  
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to [connectionnewspapers.com/subscribe](http://connectionnewspapers.com/subscribe)

**NEWS DEPARTMENT:**  
To discuss ideas and concerns,  
Call: 703-778-9410  
e-mail:  
[greatfalls@connectionnewspapers.com](mailto:greatfalls@connectionnewspapers.com)

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Amna Rehmatulla**  
Editorial Assistant  
703-778-9410 ext.427  
[arehmatulla@connectionnewspapers.com](mailto:arehmatulla@connectionnewspapers.com)

**Reena Singh**  
Community Reporter  
757-619-7584  
[rsingh@connectionnewspapers.com](mailto:rsingh@connectionnewspapers.com)

**Jon Roetman**  
Sports Editor ♦ 301-752-4013  
[jroetman@connectionnewspapers.com](mailto:jroetman@connectionnewspapers.com)  
[@jonroetman](https://twitter.com/jonroetman)

**Victoria Ross**  
County Reporter ♦ 301-502-6027  
[vross@connectionnewspapers.com](mailto:vross@connectionnewspapers.com)

**ADVERTISING:**  
For advertising information  
e-mail:  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)

**Salome Howard-Gaibler**  
Display Advertising  
703-778-9421  
[salome@connectionnewspapers.com](mailto:salome@connectionnewspapers.com)

**Andrea Smith**  
Classified Advertising  
703-778-9411  
[classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

**Debbie Funk**  
National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

**Editor & Publisher**  
Mary Kimm  
703-778-9433  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
[@MaryKimm](https://twitter.com/MaryKimm)

**Executive Vice President**  
Jerry Vernon  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**  
Steven Mauren  
**Managing Editor**  
Kemal Kurspahic  
**Photography:**  
Deb Cobb, Craig Sterbutzel  
**Art/Design:**  
Laurence Foong, John Heinly  
**Production Manager:**  
Geovani Flores

**Special Assistant to the Publisher**  
Jeanne Theismann  
703-778-9436  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
[@TheismannMedia](https://twitter.com/TheismannMedia)

**CIRCULATION: 703-778-9426**  
**Circulation Manager:**  
Linda Pecqueux  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)





# LETTERS

FROM PAGE 6

mute time. Do folks drive around with those black-blue-black "Thin Blue Line" stickers on their rear bumper indicating they are connected to the police so they won't be ticketed? Does the notion of the Thin Blue Line reinforce the militarization your editorial deplored by implying our police are all that separate us from the barbarians at the gate?

Wouldn't we all be better off with a county where our police apply the rule of law impartially and aim to defuse situations rather than aiming at citizens?

**Michael Shumaker**  
Fairfax

## Justice Delayed is Justice Denied

To the Editor:

On Friday, Aug. 29, it was one year since a still unidentified Fairfax County police officer shot and killed an innocent, non-violent, unarmed John Geer as he stood in the doorway of his Springfield home.

Fairfax County Chief of police Edwin C. Roessler, Jr. has not charged the officer with misconduct nor a violation of his department's policies or standard operating procedures. Additionally, he has refused to disclose the findings of his department's Internal Affairs Bureau investigation. Many Fairfax County citizens find his refusal to address this tragic event appalling and overriding the public's interest.

Fairfax County Commonwealth's Attorney Raymond F. Morrogh has turned over the investigation of this fatal shooting of the Springfield man to the U.S. Attorney's office for the Eastern District of Virginia in Alexandria. Morrogh cited "complications with the case." "There is a conflict of interest that has arisen in this case." Morrogh also said, "and there is a second potential conflict of interest that has arisen out of my office." Morrogh declined to describe the nature of the conflicts. Many Fairfax County citizens are asking, "Why didn't Morrogh turn this case over to a Fairfax County Grand Jury that would have given the citizens of Fairfax County a voice in this matter?" They are also asking "Why Morrogh failed to turn this case over to the Virginia State police for an investigation?"

In February 2014, Morrogh turned this case over to the Acting U.S. Attorney in Alexandria. After nearly six months acting U.S. Attorney Dana Boente remains silent. With all the resources of his office, including the FBI, this case remains unresolved.

During this past year, the Fairfax County Board of Supervisors has remained silent. The question is: Why? Some Fairfax County citizens have speculated the police union has had a major impact on the Fairfax County Board of Supervisors. Many criminal justice experts have long agreed that police unions have been a major obstacle to police accountability and transparency.

In contrast, the Ferguson, Mo., recent shooting death of Michael Brown by a police officer has ignited national attention. Within a few days of this incident the officer was identified as Officer Darren Wilson. Shortly thereafter, the case was referred to a Grand Jury. In less than two weeks the wheels of justice were put into motion. This incident is being investigated by state and federal authorities. The question raised is "Why have the Fairfax County authorities avoided a local or state investigation — and why haven't they referred this matter to a Grand jury that would have allowed local citizens to have a voice in a local matter?"

The citizens of Fairfax County deserve an answer.

Since 1979, the citizens of Fairfax County have sought to

have the Fairfax County Board of Supervisors appoint a Citizen Complaint Oversight Board that would accept and investigate citizen allegations of police abuse, misconduct, negligence and report its findings to the Chief of Police and/or the Fairfax County Board of Supervisors. The Virginia Citizens Coalition for Police Accountability, Inc. proposed this same request to the Fairfax County Board of Supervisors in March 2010 with no results. Why?

**Nicholas R. Beltrante**  
Executive Director  
Citizens Coalition for Police  
Accountability, Inc.

### Write

The Connection welcomes views on any public issue.

The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

Send to:

Letters to the Editor  
The Connection  
1606 King St.  
Alexandria VA 22314  
Call: 703-917-6444.

By e-mail:  
north@connectionnewspapers.com

Living a long life is likely;  
planning for it is a necessity.

Building a retirement strategy is about living the way you want to live. That's why including a long term care discussion for retirement helps you prepare with a greater sense of security.



To learn more:  
Greg Haymans  
Long Term Care Insurance Agent  
ghaymans@genworthlhc.com  
Mobile: 703.608.9260  
Office: 703.444.4718  
Licensed Agent of Genworth Life Insurance Company

154408 02/13/13

Genworth

lost (adj): 1. unable to find the way.  
2. not appreciated or understood.  
3. no longer owned or known



Helping  
Animals Find  
Their Way  
Since 2001

Adopt/Donate/Volunteer

[www.lostdogandcatrescue.org](http://www.lostdogandcatrescue.org)

## Visit These Houses of Worship To Highlight Your Faith Community, call Karen at 703-917-6468

Welcoming, Diverse, Progressive

**ST. ANNE'S  
EPISCOPAL  
CHURCH • Reston**



8:00 a.m. Holy Eucharist, Rite I  
10:00 a.m. Holy Eucharist, Rite II  
5:00 p.m. Come Just as You Are Contemporary Service

Nursery care provided at 10:00 a.m. service

The Rev. James Papile, Rector  
The Rev. Laura Cochran, Assoc. Rector

703-437-6530

[www.stannes-reston.org](http://www.stannes-reston.org)  
1700 Wainwright Dr., Reston

## FIRST BAPTIST CHURCH OF VIENNA

450 ORCHARD STREET, NW  
VIENNA, VA 22180  
703-938-8525  
[fbcvoffice@verizon.net](mailto:fbcvoffice@verizon.net)  
[www.fbcv.org](http://www.fbcv.org)

SUNDAY WORSHIP, 7:45 AM & 11:00 AM  
CHURCH SCHOOL 9:30AM-10:30AM  
MIDWEEK SERVICES, WED. 7:00 PM

## G. STEPHEN DULANEY State Farm Insurance

IN GREAT FALLS



AUTO • HOME  
LIFE • HEALTH  
FINANCIAL SERVICES

Like A Good Neighbor,  
State Farm Is There.®

[www.gstephendulaney.com](http://www.gstephendulaney.com)



**703-759-4155**

731-C WALKER RD. • GREAT FALLS, VA

State Farm Insurance Companies  
Home Office Bloomington, Illinois





PHOTOS BY RYAN DUNN/THE CONNECTION

The annual Virginia Indian Festival includes dancing as well as live demonstrations including storytelling, shooting bow and arrows, throwing spears and making stone stools.

# Riverbend Park Hosts Virginia Indian Festival

## Park prepares for 17th annual Virginia Indian Festival.

BY RYAN DUNN  
THE CONNECTION

**R**iverbend Park in Great Falls will be hosting its 17th annual Virginia Indian Festival on Saturday, Sept. 6. Members of eight tribes will gather on the banks of the Potomac River from 10 a.m. to 3 p.m. to share and celebrate their culture. Admission to the event is \$5 per person.

Park visitors will enjoy hands-on activities and live demonstrations including storytelling, shooting bow and arrows, throwing spears, and making stone stools. The popular Rappahannock dancers and drummers will also perform traditional dances while dressed in colorful native costumes. Visitors may also explore a longhouse and help build a dugout canoe. Crafts, pottery, and jewelry will be avail-

able for purchase in the marketplace.

"As to the origin of the festival, about 17 years ago I was surprised how much misinformation was being taught in the schools regarding Virginia's first people," stated Park Manager Marty Smith. Riverbend Park has claim to being a significant site in Fairfax County for Native American culture due to archeological sites in the area. "I wanted to create an event which would allow people, families and kids to meet real people from the tribes, allow them to see their culture, talk to them and find out from the source who Virginia's first people are today and who they were hundreds of years ago," said Smith. "Secondly, and just as importantly, I wanted this to be a celebration of Virginia's tribes." To reach these objectives representatives from numerous tribes will be participating. "We have many hands-on activities and we have the Rappahannock Tribal Dancers dancing, singing and drumming," said Smith.

**AN ADDITION** to this year's festival is the expanded use of the longhouse, a classic Virginia tribal home in use before and at



Leah Fortune from the Rappahannock tribe performs before an audience at the 2013 Virginia Indian Festival at Riverbend Park in Great Falls.

the time of contact with the English. The longhouse is made authentically, and allows visitors to step inside it to get a better feeling of what home life was like for American Indians in Virginia. Roads leading to the park will likely become congested and parking will be limited so arriving early is recommended. The event will be held rain or shine.

Riverbend Park has over 400 acres of forest, meadows, and ponds. Trails include a 2.5 mile portion of the Potomac Heritage Trail linking national and regional parkland. Kayakers and canoeists can enjoy exploring many islands in the Potomac River. Serious anglers and families can bring a boat or fish from the shady riverbank. Nature highlights include spectacular river views, beautiful wildflowers and birds.

On Friday, Sept. 19, Riverbend Park will host a program on bats. Through games and

activities, visitors will learn why bats are disappearing from our skies. The one-hour program begins at 6 p.m. The cost is \$5 per person.

Park grounds are open 7 a.m. to dusk, hours posted. Gates are locked at closing time. Facilities include a visitor center with snack bar, gift shop, exhibits and riverside picnic area.

**THE PARK** has a nature center available for rent. The park's picnic shelter is available by reservation. An information desk, self-guided activities for children, live animal displays and natural and cultural exhibits are at the visitor center. Riverbend Park is located at 8700 Potomac Hills Street in Great Falls, Va. For information, call the park at 703-759-9018 or visit their website at [www.fairfaxcounty.gov/parks/riverbend-park/](http://www.fairfaxcounty.gov/parks/riverbend-park/).

## WEEK IN GREAT FALLS

FROM PAGE 5

Service Academy Advisory Board to one of the nation's military academies for the Class of 2019 is 5 p.m. on Sept. 15.

The deadline is earlier this year because Wolf is retiring from Congress at the end of the year and the nominations by the 10th District Service Academy Advisory Board must be completed before he leaves office. Applications can be mailed or hand delivered to Wolf's Herndon office at 13873 Park Center Road, Suite 130, Herndon. Interested students can download a "Candidate Registration" form from Wolf's Web site at <http://www.wolf.house.gov/academy>. The

selection process is strictly a competitive one. For more information about the congressional nominating process, contact Mary Ann Cannon in Wolf's Herndon office at 703-709-5800, or go to [www.wolf.house.gov](http://www.wolf.house.gov) and click on Academy Nominations under the Need Help? section.

## Dance Benefit to Support Food Allergy Research

This year's "The One I Feed" Dance Benefit will take place on Saturday, Sept. 13,

6:30 p.m. at the Potomac Falls High School in Sterling. Last year "The One I Feed" Dance Benefit raised almost \$25,000 for the Division of Allergy and Immunology at the Johns Hopkins Children's Center. Those funds specifically created a new job position for a research assistant to help doctors and nurses collect data from their patients in food allergy studies. One hundred percent of all ticket sales and donations directly benefited this cause.

"The One I Feed" Dance Benefit takes world renowned performers who donate their time and talents to put on a captivating and entertaining show that all can enjoy. The performance benefits food allergy

research through art, compassion, and education. It also supports the local arts community and helps dance companies thrive and have more visibility.

This year the guest speaker is Dr. Robert Wood of Johns Hopkins Children's Center and the theme is "Crossing Cultures." Food allergies affect every ethnicity, color, country, age, gender, and socio-economic status. Therefore the performance program is composed of multi-cultural dances from Bollywood to Contemporary Ballet with some live music as well. For more information, visit [www.helpmakemiracles.org/event/theoneifeed](http://www.helpmakemiracles.org/event/theoneifeed)



# Great Falls Artists Exhibit in Reston

'Breakthrough event' at U.S. Geological Survey extends reach of arts group.

**A** Sea of Sticks and Stones," a juried exhibition of artworks by 34 members of Great Falls Studios, opens Sept. 3 at the U.S. Geological Survey National Center, taking the creative energy of Great Falls artists to neighboring Reston and awarding them \$1,000 in prizes in the process.

"Great Falls Studios is a consortium of more than 100 artists who live or work in Great Falls," says Robin Kent, the group's president. "Over the past 11 years, we've established our village as an important center of creativity in Fairfax County, and this unusual exhibition further transports our artistic talents beyond the borders of our community. For us, this is a breakthrough event to help define our impact in the D.C.-area art world."

The exhibition runs through Sept. 29 and includes an opening reception, free to the public, on Friday, Sept. 5, from 4 to 6:30 p.m. at the U.S. Geological Survey National Center, 12201 Sunrise Valley Drive in Reston. Regular exhibit hours at the facility are 8 a.m.



A study in concentration, Pat Neuman adds finishing touches to a pastel work subsequently juried into the show. In all, more than 100 local artists are members of Great Falls Studios. The group has helped define Great Falls as a center of creativity in Fairfax County, with numerous shows, tours and other events.

to 5 p.m. Monday through Friday. Visitors should go to Art Hall, adjacent to the Visitors Center. They must bring photo identification and pass through a metal detector. No packages or laptops are

allowed.

The U.S. Geological Survey is a Federal scientific agency that monitors ecosystems and the environment, including natural hazards, such as earthquakes, that

threaten people. The exhibit mirrors the agency's interests and includes creations that are made of sticks or stones, or depict them or other natural subjects reflecting the Geological Survey's mission.

"We're thrilled with the quality of work and the variety of mediums represented," says Silvia Gonzalez Roman, a photographer who served as co-chairman of the

SEE STUDIOS, PAGE 9



PHOTOS BY DEAN SOULELLES

The painting "Water Lilies II" by Roberta Beasley is a representative artwork in the show, entitled, "A Sea of Sticks and Stones."

## Freeze Time And Reverse The Aging Process



**VENUS FREEZE**

- Non-Surgical Body Contouring
- Cellulite Reduction
- Skin Tightening
- Wrinkle Reduction

[www.fontainedejeunesse.com](http://www.fontainedejeunesse.com)

**Fontaine de Jeunesse**  
MEDICAL & DENTAL AESTHETICS SPA

**Great Falls Center**

9889 Georgetown Pike  
Great Falls, VA 22066

**703-677-8700**

Open 7 Days A Week! 9 am-9 pm!

**\$400 Off**  
**Venus Freeze Treatment**

Cannot be combined with any other offers. Expires 8/31/2014.

**\$100 Off**  
**Venus Freeze When You Refer a Friend**

Cannot be combined with any other offers. Expires 8/31/2014.

**We Can Help You Get Ready For Bathing Suit Season**

## Venus Freeze for Face, Neck & Body!



**Before After**  
Most Clients can be expected to experience similar results





**PUBLIC NOTICE**

**McLean Community Center  
Governing Board**

**Public Hearing on FY 2016 Budget**  
(July 1, 2015-June 30, 2016)  
**Follows the Finance Committee  
Meeting of the Whole**  
**Monday, Sept. 15, 2014 at 7:30 p.m. at the Center**

Residents who wish to speak at the Public Hearing are asked to call 703-790-0123, TTY: 711, to be placed on the speakers' list. Copies of the draft budget proposal will be available during the committee meeting and public hearing.

Written comments may be delivered to the Center's address (shown below,) marked "Attention: Executive Director," or sent by email to [feedback@mcleancenter.org](mailto:feedback@mcleancenter.org). Written comments must be received prior to the Governing Board's regular September meeting, on Wednesday, September 24 at 7:30 p.m.

 **The McLean Community Center**  
1234 Ingleside Ave., McLean VA 22101  
703-790-0123/TTY: 711  
[www.mcleancenter.org](http://www.mcleancenter.org)

**THE FIRST, BIGGEST AND  
BEST SALE OF THE SEASON!**

**Saturday,  
Sept. 13,  
9 a.m.-1 p.m.**

**Free Admission**  
1420 Beverly Road,  
(Intersection of Ingleside  
Ave and Beverly Road,  
behind Stay Bridge suites)

Rather sell than shop?  
Rent a space for \$45.  
Open to individuals selling  
household items and  
commercial flea market  
dealers.

Deadline to apply is  
**Wednesday, Sept. 10.** This is  
a very popular community  
sale! Spaces go quickly, so  
please register early!

**MCLEAN  
FALL  
FLEA  
MARKET**

 **The McLean Community Center**  
703-790-0123/TTY: 711  
[www.mcleancenter.org](http://www.mcleancenter.org)

Space has been provided through  
the courtesy of General Assets,  
Inc., and the support of Giant and  
McLean Properties. We are grateful  
for their community support!

## CALENDAR

Send announcements to  
[north@connectionnewspapers.com](mailto:north@connectionnewspapers.com). Dead-  
line is Friday for the following week's paper.  
Photos/artwork encouraged.

### THURSDAY/SEPT. 4

**Gipsy Kings with Special Guest  
Ole' Noys.** 8 p.m. Wolf Trap, The  
Filene Center, 1551 Trap Road,  
Vienna. Rumba to guitar rhythms of  
flamenco's royal family! Admissions:  
\$35-\$50. 1-877-WOLFTRAP.

**Great Falls Rotary Club.** 7:30-8:30  
a.m. River Bend Country Club, 375  
Walker Road, Great Falls. Weekly  
meeting and speaker series. If  
interested in joining, visit <http://www.rotarygreatfalls.org>.

**Artists Meet for Coffee.** 8:30-10 a.m.  
Katie's Coffeehouse, Georgetown  
Pike, Great Falls. Local artists get  
together for weekly coffee. Drop in!

### FRIDAY/SEPT. 5

**Cirque Dreams - Jungle Fantasy.** 8  
p.m. Wolf Trap, The Filene Center,  
1551 Trap Road, Vienna. Come and  
watch the acrobatics in a musical  
adventure that New York Magazine  
calls "the grandest circus spectacle  
east of Vegas." Admissions: \$25-\$50.  
1-877-WOLFTRAP.

**Old Firehouse Teen Center Back-  
to-School Party for 7th-9th  
graders.** 7-10 p.m. OFTC, 1440  
Chain Bridge Road, McLean. Come  
celebrate the end of summer and  
beginning of school. \$5-\$10.  
[www.mcleancenter.org](http://www.mcleancenter.org) or 703-790-  
0123.

**Drop-in Chess.** 4:30-6:30 p.m. Great  
Falls Library, 9830 Georgetown Pike,  
Great Falls. Weekly drop-in chess  
games in the library meeting room.  
All ages welcome.

**Look at the Stars! Open  
Observatory.** 7:30-10:30 p.m.  
Turner Farm Park, Springvale Road,  
Great Falls. Friday night viewings of  
the sky at the observatory park. Visit  
<http://www.analemma.org> for more  
information.

### SATURDAY/SEPT. 6

**Virginia Indian Festival.** 10 a.m.-4  
p.m. Riverbend Park, 8700 Potomac  
Hills Street, Great Falls. Tribal  
dancing, songs and drumming make  
history come alive each September at  
the Virginia Indian Festival at  
Riverbend Park. Visit  
[www.fairfaxcounty.gov/parks/  
parktakes/quicktakes/#FA14QT7](http://www.fairfaxcounty.gov/parks/parktakes/quicktakes/#FA14QT7).

**Cirque Dreams - Jungle Fantasy.**  
7:30 p.m. Wolf Trap, The Filene  
Center, 1551 Trap Road, Vienna. The  
second night of this production at an  
earlier time. Watch the acrobatics in  
a musical adventure that New York  
Magazine calls "the grandest circus  
spectacle east of Vegas." Admissions:  
\$25-\$50. 1-877-WOLFTRAP.

**Cars & Coffee.** 7-9 a.m. Katie's Coffee  
House, 760 Walker Road, Great Falls.  
Every Saturday come find an  
assortment of antique, custom,  
exotic, sports cars and more! With  
coffee!

**Great Falls Farmers Market.** 9 a.m.-  
1 p.m. Great Falls Village, 778  
Walker Road, Great Falls. Bring your  
recyclable bag and participate in the  
local movement. Farmers from  
around the area sell their vegetables,  
fruits, crepes, drinks and more.

**Ballroom Dance.** 8 - 9 p.m. Waltz  
Lesson. 9 p.m. - 11:30 p.m. Colvin  
Run Dance Hall, 10201 Colvin Run  
Road, Great Falls. Live music with  
Mike Surratt & the ECB playing  
favorite dance tunes from the 1930s  
to today. Attire is ballroom casual,  
everyone is welcome. \$20. 703-759-  
2685 or [www.colvinrun.org](http://www.colvinrun.org).

**Jody Marshall.** 5-7 p.m. The  
Palladium Civic Place Green, 1445  
Laughlin Avenue, McLean. Outdoor  
Celtic and folk music. Free. 703-288-  
9505.



**Find hidden treasures at McLean Community's fall flea  
market on Sept. 13 from 9 a.m. to 1 p.m. in the parking  
garage at 1420 Beverly Road (behind the Giant Shop-  
ping Center).**

**Vienna Woman's Club Open  
House/Membership Drive.** 1-4  
p.m. Patrick Henry Library, 101  
Maple Ave E, Vienna.  
[viennawomansclub.org](http://viennawomansclub.org).

### SUNDAY/SEPT. 7

**Colbie Caillat Gypsy Heart Tour.** 8  
p.m. Wolf Trap, The Filene Center,  
1551 Trap Road, Vienna. Grammy  
award-winning pop star comes to  
Wolf Trap for a one-night  
performance. Admissions: \$30-\$100.  
Philip Cangelosi, 703-255-1900 ext  
1729.

**Grinding Grain at Colvin Run Mill.**  
12-3 p.m. Colvin Run Mill, 10017  
Colvin Run Road, Great Falls. Come  
watch the miller grind grain;  
cornmeal, grits, whole wheat for sale  
in General Store. 703-759-2771.

**Vale Club Open House.** 1 - 3 p.m.  
Vale School House, 3124 Fox Mill  
Road, Oakton. The Friends of Vale  
School House/Vale Club will host an  
open house for prospective members.  
Come visit the historic schoolhouse  
and hear about the organization.  
[www.valeschoolhouse.org](http://www.valeschoolhouse.org)

**Purge and Replant.** 11 a.m.  
Meadowlark Botanical Garden, 9750  
Meadowlark Gardens Court, Vienna.  
Enjoy an informative garden tour, led  
by Horticulturalist Keely  
Shaughnessy, to identify common  
weeds and invasive plants and  
discover each weed's offenses. This  
program is free with paid admission  
to the Garden. Reservations are  
requested. For reservations, please  
contact Meadowlark Botanical  
Gardens at 703-255-3631 x103 or  
[jmaloney@nvrpa.org](mailto:jmaloney@nvrpa.org).

### MONDAY, SEPT. 8

**Read to the Dog.** 4:30-5:30 p.m.  
Great Falls Library, 9830 Georgetown  
Pike, Great Falls. Beginning readers  
can practice reading to a furry friend.  
Call to sign-up. 703-757-8560.

### TUESDAY, SEPT. 9

**Colvin Run's Dance for Everyone.**  
6:30-10 p.m. Colvin Run Community  
Hall, 10201 Colvin Run Road, Great  
Falls. Come participate in weekly  
dance lessons ranging from 'Dance of  
the Month to Generl with Hustle,  
Shug, Latin and more. Admissions:  
\$12. 703-435-5620 or Ed Cottrell,  
[EdCottrell@MACP.org](mailto:EdCottrell@MACP.org).

**VFC President Dick Gingerelli  
Talk.** 1:30 p.m. Vienna Community  
Center, 120 Cherry Street, Vienna.  
Report on the NARFE, National  
Association of Active and Retired  
Federal Employees, National  
Convention held in Orlando on Aug.  
24-28. Sponsored by NARFE Chapter  
1116. Members and guests. Free.  
703-938-9757.

### WEDNESDAY/SEPT. 10

**Pokemon League,** 4:30-6 p.m. Great  
Falls Library, 9830 Georgetown Pike,  
Great Falls. Come play in Pokemon  
with friends, or meet new ones. For  
ages 5-15.

### THURSDAY/SEPT. 11

**Great Falls Writer's Group.** 11  
a.m.-12:30 p.m. Great Falls Library,  
9830 Georgetown Pike, Great Falls.  
The GFWG convenes at the Great  
Falls Library to explore and discuss  
the joys and challenges of writing.  
Free admissions. Call 703-757-8560  
for more info.

**Fall for the Book Science Talk.**  
7:30 p.m. The Alden Theatre,  
McLean Community Center, 1234  
Ingleside Avenue, McLean. Come  
hear Carl Zimmer and Sam Kean.  
[www.mcleancenter.org](http://www.mcleancenter.org) or 703-790-  
0123.

**Great Falls Rotary Club.** 7:30-8:30  
a.m. River Bend Country Club, 375  
Walker Road, Great Falls. Weekly  
meeting and speaker series. If  
interested in joining, visit <http://www.rotarygreatfalls.org>.

**Artists Meet for Coffee.** 8:30-10 a.m.  
Katie's Coffeehouse, Georgetown  
Pike, Great Falls. Local artists get  
together for weekly coffee. Drop in!

**9/11 Ceremony.** 7-8:30 p.m. Great  
Falls Freedom Memorial (behind  
Great Falls Library), 9830  
Georgetown Pike, Great Falls.  
Ceremony to especially remember the  
six citizens who died on Flight 77.  
Ceremony open to all.

**Watercolor Pouring.** 7:30 p.m.  
Vienna Art Center, 115 Pleasant  
Street, NW, Vienna. Demonstration  
by artist Patricia Farrell. Free. 703-  
319-3971.  
[www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org).

### FRIDAY/SEPT. 12

**Old Firehouse Teen Center Friday  
Field Trips.** 3:30-10 p.m. Trip will  
depart from OFTC, 1440 Chain  
Bridge Road, McLean. Double  
Feature at AMC Tysons. Prices vary  
based on activity.  
[www.mcleancenter.org](http://www.mcleancenter.org) or 703-790-  
0123.

**Lynne Cheney presents "James  
Madison: A Life Reconsidered."**  
7:30 p.m. The Alden Theatre,  
McLean Community Center, 1234  
Ingleside Avenue, McLean.  
[www.mcleancenter.org](http://www.mcleancenter.org) or 703-790-  
0123.

**Drop-in Chess.** 4:30 - 6:30 p.m. Great  
Falls Library, 9830 Georgetown Pike,  
Great Falls. Weekly drop-in chess  
games in the library meeting room.  
All ages welcome.

**Look at the Stars! Open  
Observatory.** 7:30-10:30 p.m.  
Turner Farm Park, Springvale Road,  
Great Falls. Friday night viewings of  
the sky at the observatory park. Visit  
<http://www.analemma.org> for more  
information.



# Studios Extends Reach

FROM PAGE 9

event and helped to organize it. "There are 87 pieces on display including paintings, photography, fiber arts, pottery, sculpture and jewelry. Each represents a distinct interpretation of the theme, from stark realism to three-dimensional abstraction."

**THE SHOW** was juried by Walt Bartman, founder of the Yellow Barn Studio and Gallery at Glen Echo, Md., who picked a selection of top works consistent with the exhibit's title. As a painter best-known for landscapes and figure drawings, Bartman has taught more than 9,000 students at the Yellow Barn facility, which operates in cooperation with the National Park Service and The Glen Echo Partnership for Arts & Culture.

Bartman will be on hand at the Geological Service reception to explain his selections and help to announce winners of nine cash prizes for top works in the exhibition. He will be speaking at 5:30 during the reception. The prizes are \$300 for "Best of Show," with second and third prizes of \$150 and \$100 respectively and four "Honorable Mentions" of \$50 each, plus \$150 for "Best Interpretation of Theme," and \$100 for "Viewers' Choice."

"This is the first juried exhibit held by Great Falls Studios outside of Great Falls, and it helps to raise the bar for Great Falls artists, whose work has improved markedly since the organization was founded," says Dorry Emmer, a quilter, who served as the other co-chair of the exhibit. "It is yet another Great Falls Studios event to increase the professionalism of local artists and to help build an audience for their work."

**GREAT FALLS STUDIOS** was founded in 2003 by four local artists in Great Falls, led by potter Laura Nichols. It has grown dramatically since, often partnering with other Great Falls groups and businesses, as well as local schools, to advance the visual arts in the community. It manages exhibits at local venues, runs a website that includes a themed virtual exhibit that changes monthly, and sponsors annual art sales, including one last year at the Barns of Wolf Trap and another in tents at the Great Falls Village Green. Its signature event is an annual Studio Tour each October, which, to date, has generated nearly 30,000 visitors. This year's tour is Oct. 17-19. For more information, visit [www.GreatFallsStudios.com](http://www.GreatFallsStudios.com).

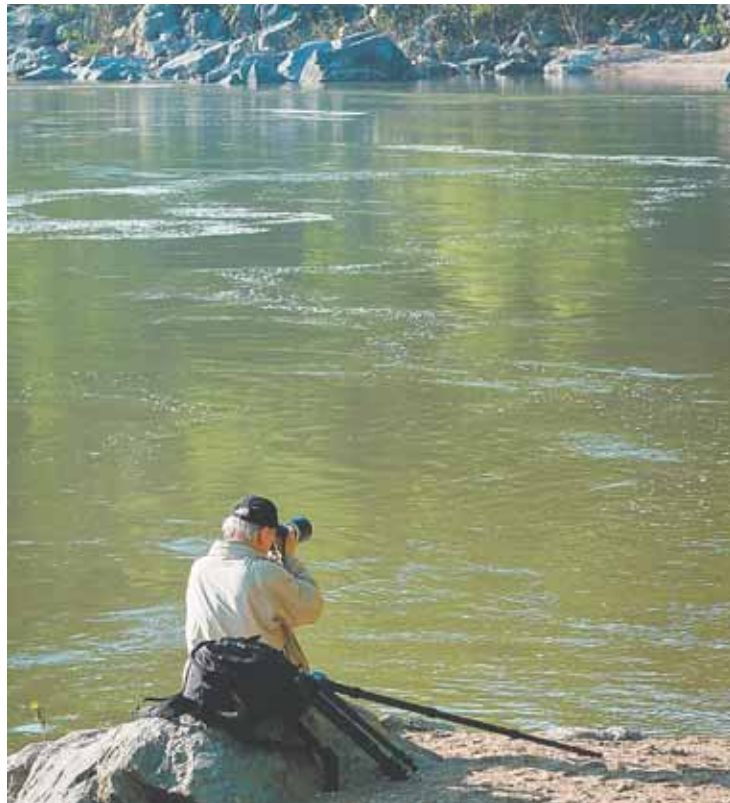


PHOTO BY DEAN SOULELES

**Preparing for the show, photographer Walt Lawrence shoots natural environments at Great Falls National Park. Several photographers are included in the exhibit, the theme of which is in keeping with the mission of the U.S. Geological Survey, a Federal scientific agency that monitors natural environments.**

**GET READY FOR A FABULOUS FALL**

*Amazing Selection*

**Colorful Mums & Fall Annuals • Ornamental Grasses**  
**Beautiful Trees, Shrubs and Perennials**  
**Cool Season Veggies & Herbs • Home & Garden Accents**

**FREE SEMINARS**  
*begin Saturday, September 6 at 10 am*

<u>Merrifield</u> Introduction to Succulents	<u>Fair Oaks</u> Build the Lawn of Your Dreams	<u>Gainesville</u> Annuals and Perennials for Fall
--	--	--

*Full schedules available in our stores and on our website!*

Visit our stores and enter our Free Drawings for a chance to win tickets to Redskins and Nationals Games and Concerts and Special Events at the Verizon Center.

<b>MERRIFIELD</b> 703-560-6222	<b>FAIR OAKS</b> 703-968-9600	<b>GAINESVILLE</b> 703-368-1919
-----------------------------------	----------------------------------	------------------------------------

Hours: Monday – Saturday 8 am – 8 pm, Sunday 8 am – 7 pm

[merrifieldgardencenter.com](http://merrifieldgardencenter.com)

**McLean Community Center**  
*The Center of It All*

## Here's What's Happening at MCC



### Old Firehouse Teen Center Back-to-School Party

Friday, Sept. 5, 7-10 p.m.  
 \$10/\$5 OFTC member

### Fall for the Book Science Talk with Carl Zimmer and Sam Kean

Thursday, Sept. 11, 7:30 p.m.  
 Free admission. Reservations are not required.

### Lynne Cheney presents "James Madison: A Life Reconsidered"

Friday, Sept. 12, 7:30 p.m.  
 Alden Theatre  
 Free. Reservations are not required.

**MCLEAN FALL**

**FLEA MARKET**

### Save the date—Almost 60 sellers! McLean Fall Community Flea Market

Saturday, Sept. 13, 9 a.m.-1 p.m.  
 1420 Beverly Rd.  
 Free Admission

### Jammin' Juniors Rolie Polie Guacamole

Wednesday, Sept. 17, 12:30 p.m.  
 Free admission  
 McLean Central Park Gazebo

**The McLean Community Center**  
[www.mcleancenter.org](http://www.mcleancenter.org)  
**Home of the Alden Theatre**  
[www.aldentheatre.org](http://www.aldentheatre.org)



1234 Ingleside Ave.  
 McLean, VA 22101  
 703-790-0123, TTY: 711





# SPORTS

## Marshall's Blackstone Working Toward Future in College Baseball

### Q&A: Catcher named 2014 VHSCA 5A state Player of the Year.

**M**arshall catcher Mitch Blackstone had an impressive junior season.

In the spring of 2014, Blackstone helped the Statesmen capture the Conference 13 championship and reach the 5A North region semifinals. The Virginia High School Coaches Association selected Blackstone as the 5A state Player of the Year, to go along with region and conference Player of the Year honors.

As a sophomore, Blackstone received first-team All-Liberty District honors. He batted .444 with six home runs, 14 doubles and 22 RBIs. As a freshman in 2012, Blackstone played with his older brother, Kent, who was a standout shortstop for the Statesmen and went on to play for New Mexico State before transferring to George Mason.

Now a senior, Mitch Blackstone prepares for his fourth season with the Marshall varsity baseball team. He has yet to commit to a college program, but plans to play at the Division I level. Blackstone recently participated in Q&A via email with The Connection.

*\*Connection: Your older brother, Kent, played at Marshall High School before playing Division I baseball at New Mexico State. Has he helped you with the recruiting process?*

Blackstone: He has now transferred to play at George Mason University, and he has been a huge supporter in my college recruitment process and has been a big help considering he had to go through the same process.

*\*Connection: At what age did you start playing baseball? Have you always been a*



CONNECTION FILE PHOTO

**Mitch Blackstone is an all-state catcher for the Marshall baseball team.**

*catcher?*

Blackstone: I began playing when I was around 2 years old, and I have always had catcher as my primary position.

*\*Connection: You're a senior, correct? How do you feel about your game now compared to when you were a freshman?*

Blackstone: I am a senior now, and I feel that my game has been accelerated an incredible amount since beginning at Marshall in 2012. I felt like I have picked up a large amount of information about the game in the past three years.

*\*Connection: How much time do you spend working on your baseball skills in the offseason?*

Blackstone: On average, I would say I train my baseball skills usually around 20-25 hours per week during the fall and winter.

*\*Connection: What is your favorite baseball moment from your first three years at Marshall?*

Blackstone: I have two favorite moments at Marshall. First, is taking throw-downs with my brother Kent at every practice and in-between every inning in games freshman

year, and the other is hitting the game-winning HR off Edison in the conference championship this past spring to win the Conference 13 title.

*\*Connection: What is your favorite food?*

Blackstone: Settler beans.

*\*Connection: Who is your favorite music artist? Why?*

Blackstone: Metallica, because their songs always get my adrenaline going before games and during workouts.

*\*Connection: What is your favorite movie? Why?*

Blackstone: "The Dark Knight," because I am a huge Batman fan.

*\*Connection: What is your favorite hobby outside of baseball?*

Blackstone: Exercising.

*\*Connection: What location is the farthest you have traveled from the Washington, D.C. metro area?*

Blackstone: Edinburgh, Scotland.

*\*Connection: Are you a pro sports fan? If so, who are your favorite teams?*

Blackstone: Yes, the Texas Rangers.

— JON ROETMAN

### Lightning Red Boys Win in Williamsburg

**Vienna Youth Soccer's U13 Lightning Red boys team won the U14 boys division of the Virginia Summer Shootout and College Showcase in Williamsburg during the weekend of Aug. 23-24. The team is coached by Robson Gimenez.**

**Pictured from left: (bottom row) Ben Jurutka, Caleb Wentz, Matthew Warren, Shivane Anand, Ethan Duerre, Josiah Lee, Evan Zhang, Christian Geiger, (back row) Kyle Thompson, Coach Robson Gimenez, Dominic Ortolano, Sam Klein, Will Covey, Ryan Tipton, Alex Lanier, assistant coach Jeff Ortolano, Dayson Pineda.**



PHOTO CONTRIBUTED

### SPORTS ROUNDUPS

#### Madison Football Beats South Lakes

The Madison football team opened the season with a 33-22 victory over South Lakes on Aug. 29 in Reston. The win gives the Warhawks a positive start to the 2014 campaign after finishing 1-9 the previous season.

Madison (1-0) will host Vienna rival Oakton (1-0) at 7:30 p.m. on Friday, Sept. 5. South Lakes (0-1) will travel to face Westfield (0-0), which finished runner-up in the 6A North region last season, at 7:30 p.m. on Friday.

#### Oakton Football Defeats Woodson

The Oakton football team edged Woodson 25-22 during the season opener for both teams on Aug. 29.

Oakton (1-0) will travel to face Madison at 7:30 p.m. on Friday, Sept. 5.

#### Upcoming Football Season Openers

The Marshall football team will host Wakefield at 7:30 p.m. on Friday, Sept. 5. The Statesmen are coming off back-to-back winless seasons. Marshall's last victory came against Thomas Jefferson on Oct. 21, 2011.

Langley will travel to Arlington to face Yorktown at 7:30 p.m. on Friday. The Saxons are coming off the most prolific scoring season in team history, averaging 40 points per contest en route to a 9-3 record in 2013.

McLean, under the direction of first-year head coach Shaun Blair, will also be in Arlington to take on Washington-Lee at 7:30 p.m. on Friday. The Highlanders are looking for their first playoff berth since 2011.

Herndon, led by new head coach Jeremiah Davis, will travel to face Mount Vernon at 7:30 p.m. on Friday.

#### Marshall Field Hockey Earns Lopsided Wins

The Marshall field hockey team opened its season with an 8-1 victory over Edison on Aug. 26 and followed with a 4-0 victory over Wakefield on Aug. 28.

The Statesmen (2-0) will travel to face Falls Church at 7:30 p.m. on Wednesday, Sept. 3.

#### Herndon Field Hockey Starts 2-0

The Herndon field hockey team won its first two games of the season, beating Langley, 1-0, on Aug. 25 and West Springfield, 4-0, on Aug. 29.

The Hornets, who reached the 6A North region semifinals last season, will travel to face South Lakes at 7:30 p.m. on Wednesday, Sept. 3.



## News



A rendering of Bright View, a new assisted living community that is opening this month.

# BrightView Opening Soon

**New assisted living community opens Sept. 15.**

BY REENA SINGH  
THE CONNECTION

**A** new assisted living community will be opening soon in Great Falls. When BrightView Assisted Living opens this month, it will already be half full with residents.

"We're bringing assisted living and Alzheimer's care to an area

that is underserved," said BrightView spokesperson Sarah Schlenker.

The assisted living center will feature 63 assisted living homes and 25 Wellspring Village homes. Schlenker said Wellspring Village is a specialized program for people living with memory impairment.

"It's designed to help facilitate community and facilitate life," she said.

BrightView has nearly 30 communities in eight states. The first community was built in Bel Air, Md. in 1999. Executive Director Tina Aulakh said the company opens only five communities a

year. Although the company is from Baltimore, the Great Falls community is BrightView's first foray into the D.C. area.

"We felt that there was a strong demand here," she said. "Since the welcome center opened, we had a lot of pent-up demand."

Already, the community is about half full. It is not planned to open until Sept. 15.

Great Falls Citizen's Association board member said BrightView is the area's second assisted living community - the first being Great Falls Assisted Living.

Currently, BrightView is hiring local caregivers and staff for the



PHOTOS BY BRIGHTVIEW

Photo of Great Falls BrightView Assisted Living center.

site.

"We have hired a good number of people and we're still looking," said Aulakh.

The community features a dining room, indoor and outdoor community area, continuity spaces designed for people with memory loss, a library, exercise and physical therapy facilities, a full-service beauty shop and a cafe.

Additionally, the community was recently designated as a cer-

tified Community Wildlife Habitat through the National Wildlife Federation, which Schlenker said came from the village's desire to keep the area a preserved wildlife habitat. "We have a strong track record for excellence and quality," said Schlenker.

For more information about BrightView Assisted Living, visit <http://greatfallsva.brightviewseniorliving.com/CommunityHome.aspx>.

**Just Arrived: Pansies and Mums!**  
**Pansies \$1.29**

**Hosta Special!**  
**25% Off All Varieties**

**Clearance Sale**  
**30% OFF**  
All Trees 2013 Stock & Prior

**Free Estimates**  
Patios, Walkways, Retaining Walls, Landscaping & so much more!

**Blooming Tropicals**  
**25% Off**

**60-75% Off Pottery**  
*Lowest Prices since 2008!*

**We have Citrus**

**Playground Chips & Organic Compost**  
**\$29.99 cu. yd.**

**Bulk Mulch**  
**\$24.99 cu. yd.**

**Cravens Nursery & Pottery**  
9023 Arlington Blvd., Fairfax, Virginia  
2 miles west of I-495 on Rt. 50.  
1 mile from I-66 (Vienna Metro)  
**703-573-5025**  
Open 7 days a week  
Visit our new Web site:  
[www.cravensnursery.com](http://www.cravensnursery.com)

**SHOP THE COMPETITION FIRST!**  
**703-938-3160**

Then come to us for the best selection of quality products and professional installation, all at an affordable price. Our references include your neighbors.

**FREE ESTIMATES ON INSTALLATIONS**

**SE HABLA ESPAÑOL**

**VIENNA FLOORS**  
ESTABLISHED IN 1984  
208 DOMINION ROAD • VIENNA, VA  
HARDWOOD-CARPET-WOOD LAMINATES-CERAMIC TILE-SHEET VINYL  
[WWW.VIENNAFLOORS.COM](http://WWW.VIENNAFLOORS.COM)  
Hours: Mon-Fri: 9:00 am-5:30 pm • Sat: 9:00 am-4:30 pm

**Bathroom Remodel Special \$6,850**  
**Celebrating 15 Years in Business!**  
**TWO POOR TEACHERS**  
Kitchen and Bathroom Remodeling

**Free Estimates**  
**703-969-1179**

Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)

Select your products from our Mobile Showroom and Design Center  
Fully Insured & Class A Licensed  
Est. 1999

**LEAD SAFE**  
**SEPA**  
CERTIFIED FIRM



# I Scream



By KENNETH B. LOURIE

...for ice cream; from Brigham's in Boston, the local New England establishment of my youth where I spent dollars – although it was likely cents back in those days – many afternoons, evenings and weekends. And why, other than it's still technically summer and extremely hazy, hot and humid today – and perfect ice cream weather of course – am I writing about this non-cancer subject? Because, at this very moment, my brother Richard is en route – by CAR – from Massachusetts (after a week's vacation), and aside from Vanessa, his wife; their golf clubs and a week's worth of vacation residue; there are two coolers loaded with pre-packed quarts of a delicacy from our past and one (many actually) likely most rewarding for our present and future, too: Brigham's Ice Cream.

Though the original stores, a Howard Johnson's-type restaurant/ice cream parlor combination, no longer exist, thankfully, their recipes still do; sort of like the Washington, D.C.-area Gifford's Ice Cream Shops did before they were re-established a few years back. Within a few hours now, my freezer will be filled with "Just Jimmies," "Chocolate" and "Chocolate Chip," maybe a "Strawberry," and given what it's likely to cost (the ice cream is expensive and there's no multi-quart discount; however, there are no delivery charges), I may have to put a lock on my freezer door. Not to keep my wife out, but to stop other potential perpetrators from getting any ideas.

And just as music is supposed to soothe the savage beast, so too is ice cream supposed to cure what ails you (although emotional eating does have its ups and downs). Moreover, ice cream from your formative years, the age of innocence, is best of all; especially if it's not local, you haven't had it in years (it's not available in our region), is not deliverable by mail, and it's the kind of indulgence where one fills up two large coolers with ice and cream to guarantee its availability – for a few months, anyway.

Not that there's any relationship or causation, but my first two jobs as an adolescent were in ice cream shops. First at Baskin Robbins in Newton Centre, beginning the summer after ninth grade (\$1.60 per hour) and then again the following summer, after tenth grade, at McManus Ice Cream in Cleveland Circle. Inasmuch as it was unlikely I was weaned on ice cream, I was certainly indoctrinated at a very early age. Before I knew whether it was good for me or not, I knew what was good for me: ice cream and more ice cream. And to reinforce the importance of ice cream in my life, most evenings, at home, around 7:30, my mother, lying in bed after yet another long day of "non-stop-stay-at-home mothering," would call out to my brother and me: "ice cream," which would require one of us to walk into the kitchen, open the freezer door, defrost the ice cream, scoop it into a bowl and deliver it to her for a most appreciative kiss. She loved her Brigham's Ice Cream.

We may have learned to love Brigham's from her, but we've taken it to new levels and new lengths, decades in fact. So here I am, 50 years or so after my mother's recurring nighttime request, waiting for ice cream, just as she so often did. I imagine my love for her and for the ice cream she loved is all related somehow; probably why it makes me so happy when I'm scooping it.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

# EMPLOYMENT

ZONE G: • ARLINGTON • GREAT FALLS  
• McLEAN • VIENNA/OAKTON

# CLASSIFIED

703-917-6400

ZONE G AD DEADLINE:  
MONDAY NOON

## BUSINESS OPP

**TELEPHONE**  
A great opportunity to  
**WORK AT HOME!**  
NATIONAL CHILDRENS CENTER  
No sell! Salary + Bonus + Benefits!  
**301-333-1900**  
Weekdays 9-4

## BUSINESS OPP

**TELEPHONE**  
A great opportunity to  
**WORK AT HOME!**  
NATIONAL CHILDRENS CENTER  
No sell! Salary + Bonus + Benefits!  
**301-333-1900**  
Weekdays 9-4

## VET RECEPTIONIST

Small animal hosp. Great Falls.  
Will train. 703-757-7570 •  
[www.ourvets.com](http://www.ourvets.com)



If you want to  
make a difference,  
Apply with us!

Serve the elderly with non-medical care,  
companionship and help in their homes.  
Flexible day, evening and weekend shifts available.  
No certification required and age is no barrier.  
11347 Sunset Hills Rd., Reston, VA 20109  
703-464-1268 • [www.caregiversareawesome.com](http://www.caregiversareawesome.com)

## MUST LOVE CATS

Volunteers needed for cat caretaker shifts with  
Lost Dog & Cat Rescue Foundation at  
7 Corners/Falls Church, Tysons Corner, Reston  
or Leesburg PetSmart locations. Morning, mid-  
day or evening shifts available, need varies by  
location. Shifts are generally 60-90 minutes,  
training provided. Great opportunity for  
student service hours. Also opportunities for  
transport volunteers and fostering. Email  
[cats@lostdogrescue.org](mailto:cats@lostdogrescue.org) with questions  
or interest.

# Educational Internships

Unusual opportunity to  
learn many aspects of the  
newspaper business.  
Internships available in  
reporting, photography,  
research, graphics.

Opportunities for students,  
and for adults considering  
change of career. Unpaid.  
E-mail [internship@connectionnewspapers.com](mailto:internship@connectionnewspapers.com)



## THE CONNECTION CLASSIFIED

Classified or Home • Lawn • Garden:  
703-917-6400

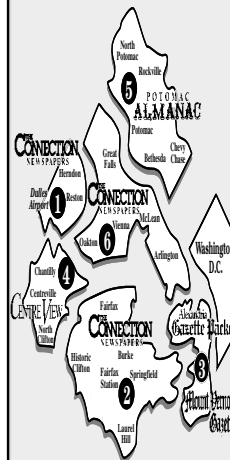
Employment: 703-917-6464

E-mail: [classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

## Employers:

Are your  
recruiting ads  
not working in  
other papers?

Try a better  
way to fill  
your  
employment  
openings



- Target your best job candidates where they live.
- Reach readers in addition to those who are currently looking for a job.
- Proven readership.
- Proven results.



703-917-6464

[classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

Great Papers • Great Readers  
Great Results!

## 26 Antiques

We pay top \$ for antique  
furniture and mid-century  
Danish/modern  
teak furniture, STERLING,  
MEN'S WATCHES, jewelry  
and costume jewelry,  
paintings/art glass/clocks.  
Schefer Antiques @  
703-241-0790.  
Email: [theschefer@cox.net](mailto:theschefer@cox.net)

## 28 Yard Sales

Reston Community  
Yard Sale  
95 families  
Sat. 9/6  
8:30am-12:30pm  
12001 Sunrise Valley Dr.  
Rain Date 9/7  
703-435-6577

Yard sale 9/6 dishes decor  
Clothes books kids toys  
Furniture. All must go!  
4261 Allison Cir Ffx 22030

I'am a  
slow walker,  
but I never  
walk back.  
-Abraham Lincoln

## 101 Computers

## HDI COMPUTER SOLUTIONS

JENNIFER SMITH ♦ Serving the Area Since 1995

- Speed up Slow Computers
- Troubleshooting
- Virus Removal
- Computer Setup

(571) 265-2038

[jennifer@HDIComputerSolutions.com](mailto:jennifer@HDIComputerSolutions.com)



## 202 Domestic Auto

## 202 Domestic Auto

## FOR SALE-1994 GEO PRIZM LSI



95.6K miles (white/minor dings). Runs great! 5-spd. Standard  
Transmission; Sunroof; AM/FM/Cassette Deck/4 Speakers;  
Power Side Mirrors; 1-yr. old tires; Pampered with Synthetic  
Oil every 3 mos./3K mi. for 20 yrs; Fully Detailed; Price: \$2K.

Call: 571/338-1576 or 703/222-4492 (Fairfax)

## 21 Announcements

## 21 Announcements

## 21 Announcements

## LIFETIME METAL ROOFING

by VaCarolina Buildings, INC



It's storm season! Are you prepared?  
Call the experts at VaCarolina Buildings  
today for your free estimate on a new  
professionally installed Lifetime Metal Roof!

Houses - Single Wides - Double Wides

Last Roof You'll Ever Need For Your Home!

Free Roof Inspection  
45 Year Warranty  
Financing Available

1.800.893.1242  
[metalroofover.com](http://metalroofover.com)

## HOW TO SUBMIT ADS TO



## CLASSIFIED

### DEADLINES

Zones 1, 5, 6 ..... Mon @ noon

Zones 2, 3, 4 ..... Tues @ noon

E-mail ad with zone choices to: [classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com) or call Andrea @ 703-778-9411

## EMPLOYMENT

### DEADLINES

Zones 1, 5, 6 ..... Mon @ noon

Zones 2, 3, 4 ..... Tues @ noon

E-mail ad with zone choices to: [classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com) or call Andrea @ 703-778-9411

## ZONES

**Zone 1:** The Reston Connection

The Oak Hill/Herndon Connection

**Zone 2:** The Springfield Connection

The Burke Connection

The Fairfax Connection

The Fairfax Station/Clifton/

Lorton Connection

**Zone 3:** The Alexandria Gazette Packet

The Mount Vernon Gazette

**Zone 4:** Centre View North

Centre View South

**Zone 5:** The Potomac Almanac

**Zone 6:** The Arlington Connection

The Vienna/Oakton

Connection

The McLean Connection

The Great Falls

Connection



ZONE 6: • ARLINGTON • GREAT FALLS  
• McLEAN • VIENNA/OAKTON

# HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-917-6400

ZONE 6 AD DEADLINE:  
MONDAY NOON

## BULLETIN BOARD

To have community events listed in the Connection, send to [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com). The deadline for submissions is the Friday prior to publication.

### ELECTRICAL

### ELECTRICAL

### IMPROVEMENTS

### IMPROVEMENTS

### HAULING

### LANDSCAPING

## K & D ELECTRIC

**COMMERCIAL / RESIDENTIAL SERVICE**  
Family Owned & Operated

Recessed Lighting  
Ceiling Fans  
Phone/CATV  
Computer Network Cabling  
Service Upgrades  
Hot Tubs, etc...

**Licensed/Bonded/Insured**  
Office 703-335-0654  
Mobile 703-499-0522  
[lektrkman28@gmail.com](mailto:lektrkman28@gmail.com)

## Picture Perfect Home Improvements

(703) 590-3187 [www.pyphionline.com](http://www.pyphionline.com)

**Remodeling Bathrooms, Kitchens & Basements**

- FREE Estimates Exterior & Interior Repair,
- FAST & Reliable Service Painting, Carpentry, Wood Rot,
- EASY To Schedule Drywall, All Flooring, Decks
- NO \$\$\$ DOWN!

Handyman Services  
Available

"If it can be done, we can do it"

Licensed — Bonded — Insured

## AL'S HAULING

**Junk & Rubbish**  
Concrete, furn., office,  
yard, construction debris

Low Rates NOVA  
703-360-4364  
703-304-4798 cell

7 DAYS A WEEK

## JUNK HAULING

Junk, Rubbish,  
Homes, Offices,  
Commercial,  
Yard/Construction  
Debris, Lot Clear  
out, 24 hrs day,  
General Hom Work.

703-520-4338 N-VA

### GUTTER

### GUTTER

## GUTTER CLEANING

Gutters and Downspouts Cleaned  
Small Repairs • Gutter Guards

## PINNACLE SERVICES

lic/ins 703-802-0483 free est.  
email [jamie@lawnsandgutters.com](mailto:jamie@lawnsandgutters.com)  
web: [lawnsandgutters.com](http://lawnsandgutters.com)  
Friendly Service with a Friendly Price!

## The HANDYMAN

A DIVISION OF NURSE CONSTRUCTION

**BATHROOM REMODELING, DRYWALL,  
PAINTING, CERAMIC TILE, CARPENTRY,  
POWER WASHING & MUCH MORE**

You have tried the rest - NOW CALL THE BEST!!  
Proudly serving Northern VA - 46 yrs. exp.

Licensed We Accept VISA/MC  
Insured 703-441-8811

### IMPROVEMENTS

### IMPROVEMENTS

## R.N. CONTRACTORS, INC.

Remodeling Homes, Flooring,  
Kitchen & Bath, Windows,  
Siding, Roofing, Additions &  
Patios, Custom Deck, Painting

We Accept All Major Credit Cards  
Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827 Fax: 703-830-3849  
E-mail: [rncontractorsinc@gmail.com](mailto:rncontractorsinc@gmail.com)  
[www.rncontractors.com](http://www.rncontractors.com)

## A&S Landscaping

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing

703-863-7465

LICENSED

Serving All of N. Virginia



## R&N Carpentry

♦BASEMENTS ♦BATHS ♦KITCHENS  
Foreclosure specialist/Power washing

♦Exterior Wood Rot More!

Deck & Fence repair, Screen Porches

No jobs too large or small  
Free est. 37 yrs exp. Licensed, Insured

703-987-5096

### LANDSCAPING

### LANDSCAPING

## JUAN'S LANDSCAPING

Since 1987

- COMPLETE TREE SERVICE • MASONRY • HAULING
- BACKHOE • EXCAVATING • POWER WASHING
- HANDYMAN • PAINTING • TRASH REMOVAL • DRYWALL



Res./Com. • Free Estimates  
• CELL 703-732-7175

## Flower Garden Delight

Est 1995

Prompt Reliable Service  
Seasonal plantings & garden  
maintenance to suite your  
personal taste

Stacey 703-242-2421

Lic & Ins

### IMPROVEMENTS

### IMPROVEMENTS

### IMPROVEMENTS

### IMPROVEMENTS

# CRESCENT HOME SERVICES

703-953-7309 • [crescenthomeservices@gmail.com](mailto:crescenthomeservices@gmail.com)

Spring Special!

15% off

For a limited time, Connection readers can take 20% off labor costs on any home maintenance or improvement project when they mention this ad.

Your Home Handyman since 1999!

Call or email us today for a fast, free estimate on any home maintenance or improvement project. **No job too small—we do it all!**

- Gutter cleaning & repairs
- Kitchen/Bath remodeling
- Exterior/Interior painting
- Rotten wood replacement
- And way too much to list here!

**FAST, RELIABLE & AFFORDABLE.**

Call Crescent today! Your "friend in the business," we're owner-operated, licensed and insured.

We're on Angie's List! ID# 8088426

[www.facebook.com/crescenthomeservices](http://www.facebook.com/crescenthomeservices)

## ANGEL'S HAULING

Junk Trash Removal,  
Yard/Construction  
Debris, Garage/Base-  
ment Clean Out,  
Furniture & Appl.

703-863-1086  
703-582-3709  
240-603-6182

### LANDSCAPING

### PAVING

## Joseph Sealcoating Specialist

## PAVING

35 Years Experience! Free Estimates!  
703-494-5443

## A&S CONSTRUCTION

Bathrooms, Kitchens,  
Flooring, complete  
remodeling.

703-863-7465

### LAWN SERVICE

### TREE SERVICE

## ANGEL'S TREE REMOVAL

Brush & Yard Debris  
Trimming & Topping  
Gutters & Hauling

[Angeltreeslandscaping-hauling.com](http://Angeltreeslandscaping-hauling.com)  
703-863-1086  
703-582-3709  
240-603-6182

## PINNACLE SERVICES, INC.

### LAWN SERVICE

## MOWING, TRIMMING, EDGING, MULCHING & TRIM HEDGES

Friendly Service for a Friendly Price

703-802-0483

### MASONRY

### MASONRY

## BRICK AND STONE

## Custom Masonry

703-768-3900

[www.custommasonry.info](http://www.custommasonry.info)

Patios, Walkways, Stoops, Steps, Driveways

Repairs & New Installs • All Work Guaranteed

### PAVING

### PAVING

## GOLDY BRICK CONSTRUCTION

Walkways, Patios, Driveways,  
Flagstone, Concrete  
FREE ESTIMATES  
Licensed, Insured, Bonded

703-250-6231

### TREE SERVICE

### TREE SERVICE

## Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured

Spring Cleanup...  
Tree removal, topping & pruning,  
shrubbery trimming, mulching, leaf  
removal, planting, hauling, gutter cleaning,  
retaining walls, drainage problems, etc.

25 years of experience - Free estimates

703-868-5358

24 Hour Emergency Tree Service

### TUESDAY/SEPT. 9

**American Red Cross Blood Donation.** 8 a.m. - 1:30 p.m. Federal Highway Administration, 6300 Georgetown Pike, McLean. [redcross.org](http://redcross.org) or 1-800-RED-CROSS.

### MONDAY/SEPT. 15

**MCC Governing Board Work Session and Public Hearing on FY 2016 Budget.** 7:30 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. Open to the public. [www.mcleancenter.org](http://www.mcleancenter.org) or 703-790-0123.

### TUESDAY/SEPT. 16

**DivorceCare.** 7-9 p.m. Vienna Presbyterian Church, 124 Park St, NE, Vienna. If you are experiencing the pain of separation or divorce, Vienna Presbyterian Church invites you to attend Passages, a 15-week program. Admissions: \$20; scholarships available. Call 703-938-9050, visit <http://www.viennapres.org/> or email [Passages@ViennaPres.org](mailto:Passages@ViennaPres.org) for more info.

### THURSDAY/SEPT. 18

**Chapter Meeting Vietnam Veterans of America Chapter 227.** 7:30 p.m. Neighbor's Restaurant, 262D Cedar Lane, Vienna. Vietnam War veteran, journalist, and author Marc Leepson will discuss latest book, "What So Proudly We Hailed: Francis Scott Key, A Life." Free. Call Len Ignatowski, 703-255-0353 or [www.vva227.org](http://www.vva227.org).

### SATURDAY/SEPT. 27

**McLean Child Safety Inspection.** 9:30 a.m. - 12 p.m. Lewinsville Center, 1609 Great Falls Street, McLean. The McLean District Police Station holds child safety seat inspections once per month.

### SATURDAY/OCT. 25

**McLean Child Safety Inspection.** 9:30 a.m. - 12 p.m. Lewinsville Center, 1609 Great Falls Street, McLean. The McLean District Police Station holds child safety seat inspections once per month.

### SATURDAY/NOV. 22

**McLean Child Safety Inspection.** 9:30 a.m. - 12 p.m. Lewinsville Center, 1609 Great Falls Street, McLean. The McLean District Police Station holds child safety seat inspections once per month.

### ONGOING

**Vienna Toastmasters.** 2nd and 4th Wednesdays at 7:30 p.m., at the Vienna Community Center on the 2nd floor room opposite the elevator, 120 Cherry St., S.E., Vienna. A friendly place to get comfortable with public speaking and impromptu speaking for new and experienced speakers. Open to the public.

**Run With the Doctor.** Every other Saturday at 7 a.m. 8230 Boone Blvd, Tysons Corner. The Center for Orthopedics and Sports Medicine offers its services in a convenient format to runners at this running event. Free. [facebook.com/runwiththedoctor](http://facebook.com/runwiththedoctor).

**Senior Fall Prevention Classes.** 1:30-2:30 p.m. and 2-3 p.m., The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Classes are held in a heated indoor pool and are designed to work on balance and core muscles. \$10. 703-667-9800.

**Coffee/Tea Poetry Group.** Poets and poetry lovers seek to form a group to meet once a month at a local coffee/tea shop to enjoy each other's creations. 703-819-1690.

**Virginia Sheriff's Institute Scholarship Program.** Those enrolled in a Virginia college or university who are pursuing a degree in the field of criminal justice are eligible for the Virginia Sheriff's Institute Scholarship Program; recommendation letter needed. 703-246-3251, [shf-pio@fairfaxcounty.gov](mailto:shf-pio@fairfaxcounty.gov) or <http://vasheriffsinstitute.org/scholarship/>.

**Everest College Free GED Test Preparation.** Tysons Corner, Vienna. Free GED test preparation and credential completion program, GED Advantage, open to the public. 1-888-201-6547.

**Weekly TIPS Lunch.** 12:15-1:30 p.m., at Shula's, 8028 Leesburg Pike, Vienna. Tyson's Regional Chamber of Commerce does lunch. 703-862-4895.





# JAN & DAN DIANNE

[www.GreatFallsGreatHomes.com](http://www.GreatFallsGreatHomes.com)



Great Falls \$1,320,000



Great Falls \$1,895,000



Great Falls \$1,899,000



Great Falls \$2,495,000



Great Falls \$1,399,000



Vienna \$1,695,000



Great Falls \$1,099,000



Great Falls \$1,775,000



Great Falls \$1,700,000



Reston \$1,150,000



Great Falls \$1,275,000



Great Falls \$1,749,000



Great Falls \$2,999,000



Great Falls \$1,739,000



Great Falls \$1,100,000



Susan Canis

Jan & Dan Laytham  
Dianne Van Volkenburg  
703-757-3222 Office

LONG & FOSTER  
REAL ESTATE  
LUXURY HOMES  
CHRISTIE'S  
INTERNATIONAL REAL ESTATE

THE WORLD'S MOST DESIRED HOMES —  
BROUGHT TO YOU BY LONG & FOSTER AND CHRISTIE'S.

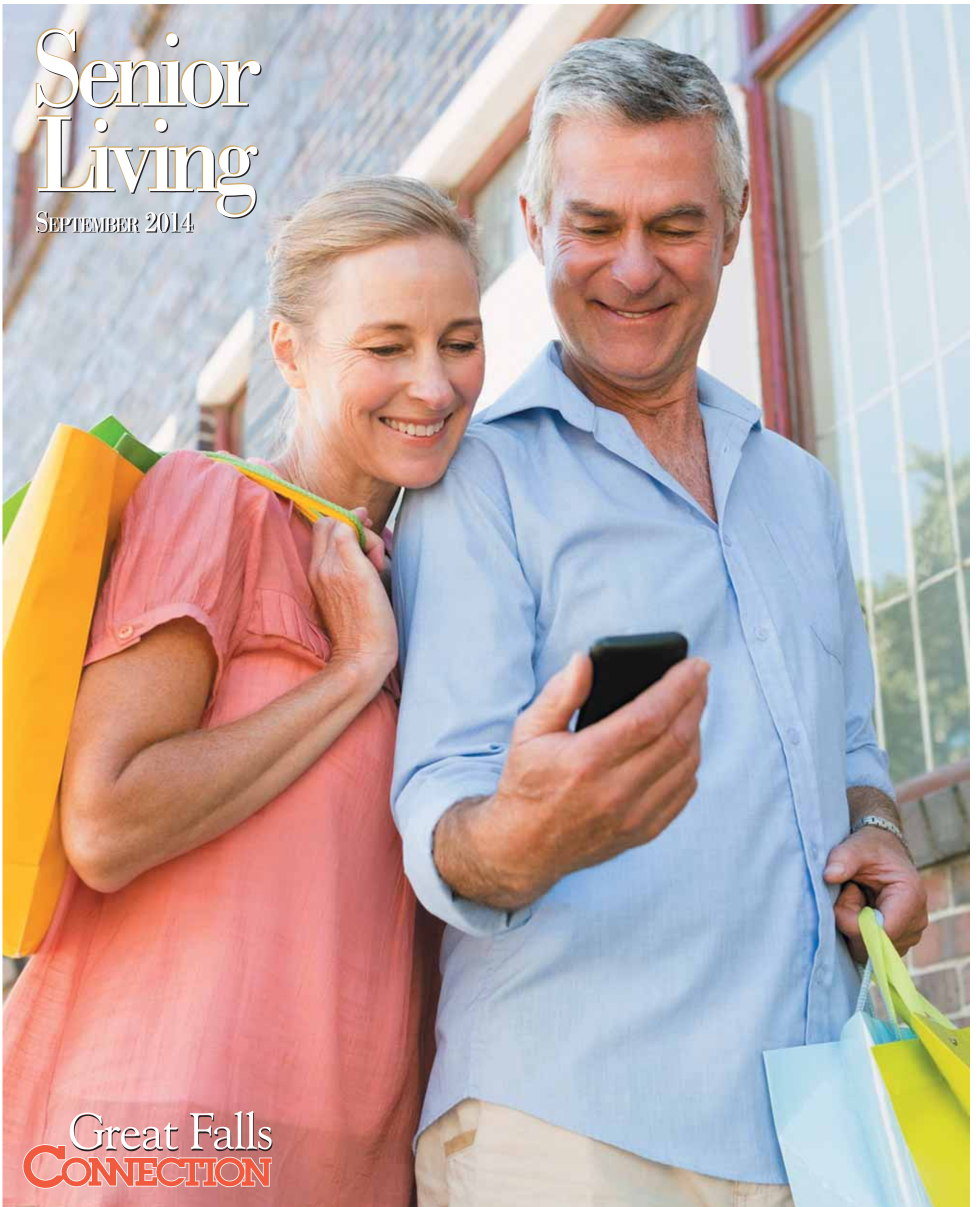
LUXURY  
PORTFOLIO  
INTERNATIONAL





# Senior Living

SEPTEMBER 2014



Great Falls  
**CONNECTION**



# Taking On the 'Silver Tsunami'

BY TIM PETERSON  
THE CONNECTION

**T**he "Silver Tsunami" is coming, the steep increase in the 50-and-up part of the county population.

"It's here," said Supervisor Pat Herrity (R-Springfield). "We're already living in it."

Between 2005 and 2030, the number of individuals 50 and older is projected to grow by 40 percent in Fairfax County and the number 70 and older is projected to grow by 80 percent. Herrity attributes the changes to both the aging of Baby Boomers, and the general increase in life expectancy.

With those significant changes to community demographics al-

ready underway, the Board of Supervisors and Fairfax Area Commission on Aging initially drafted a plan back in 2007 to make sure the Silver Tsunami was a factor in county planning.

In 2013, Herrity and the commission decided the plan needed a major facelift. They spent the summer reaching out to communities around Fairfax County

## Herrity to present 50+ Plan to Board of Supervisors next week.

through public forums, including groups that speak Korean, Vietnamese, Spanish and Arabic. (According to the 2011 American Community Survey by the U.S. Census Bureau, 26.7 percent of residents in Fairfax County speak a language besides English at home.)

The idea was to facilitate dialog on how to make the county more aging-friendly and to consider cost-effective strategies to help people manage their housing and transportation needs and age in place.

"The need is clearly there for us to take action," said Herrity. "We went to the communities, heard their concerns. This is our attempt for an attainable, affordable, actionable plan to address what we heard."

Now Herrity and the commission are ready to present the new and improved 50+ Community Action Plan to the Board of Supervisors at their meeting on Sept. 9, and expect the board to approve the plan at the Sept. 23 meeting.

The plan in its entirety is available in PDF form through the county's website at [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults). The plan addresses aging-friendly needs in six key areas: Transportation, Housing, Safe and Healthy Community, Community Engagement, Services for Older Adults and Family Caregivers, and Long-term Planning.

Within each of these categories are a range of community-driven initiatives designed to function with little or no government direction. In most cases, a local civic leader or "champion" would coordinate with a county staff member if necessary, but otherwise work independently, and require a lot of engagement from the community.

**THE INITIATIVES RUN THE GAMUT** from simply encouraging people to volunteer for Meals on Wheels and medical appointment driving programs, to creating partnerships that would offer low cost or

free case management and mental health treatment.

In the transportation category, one facet includes supporting the Jewish Community Center of Northern Virginia's effort to provide a ride scheduler system for community-based organizations, partnering with multiple nonprofits. It won't exactly be Uber for the elderly, but federal grant money will help make their services much more widely available to get seniors to doctor's appointments, the grocery store, etc.

Home Sharing is an experimental initiative. Many older adults live in homes with extra bedrooms and want to re-

main there as long as possible. At the same time, many adults with limited income are looking for affordable rent. The guide will provide advice on how to safely share a home. The idea is to match aging adults with unused space in their home with tenants looking for affordable housing.

"We think it's an idea where the time has come and we're pursuing it," said Jim Lindsay, vice president of Adult Companion Care and home sharing champion. Though the concept of matching grad students and grandparents isn't without its wrinkles.

"Who's going to pay for a background check?" said Lindsay. "Who's going to provide care? If she falls down, a college grad student isn't going to be there."

That's where home care groups



COURTESY PHOTO  
**Jim Lindsay**



COURTESY PHOTO  
**Dr. Thomas Prohaska**



**Trust our award-winning care to suit your family's needs. We're the best!**



**24/7 Live-In Care Specialists.** We offer around-the-clock care for a reasonable price despite recent overtime laws.

**Brain Health Experts.** We are the only home care agency that offers Cognitive Therapeutics, a research-backed activities program that promotes brain health and vitality in our clients.

**Washington D.C.'s Best Caregivers.** Each has at least 2 years experience and undergoes extensive training and screening, including a DOJ background check, drug test and proprietary psychological exam designed to test for honesty and conscientiousness.

**Call a Nurse Care Manager today for your free consultation!**



Maura Barillaro, RN

**301-276-5353**  
7950 Norfolk Avenue  
Bethesda, MD 20814



Sally Fauber, RN

**703-356-4333**  
6723 Curran Street  
McLean, VA 22101



Michelle Misleh, RN, MSN

**703-746-8084**  
3903Q Fair Ridge Dr.  
Fairfax, VA 22033



[www.HomeCareAssistance.com](http://www.HomeCareAssistance.com)

SEE 50-PLUS PAGE 7

Great Falls  
**CONNECTION**

Senior Living

IS PRODUCED BY  
CONNECTION NEWSPAPERS  
[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)  
LOCAL MEDIA CONNECTION LLC

FOR MORE INFORMATION,  
CALL 703-778-9431 OR EMAIL  
[SALES@CONNECTIONNEWSPAPERS.COM](mailto:SALES@CONNECTIONNEWSPAPERS.COM)



# Senior Living Time to Downsize?

BY MARILYN CAMPBELL  
THE CONNECTION

When Beverly Quinn's fourth child, a daughter, got married, she decided it was time to downsize. The 69-year-old widow moved out of the 4,000-square-foot home in Vienna, Va., where she and her husband raised their children and into a 1,300-square-foot townhouse in North Potomac, Md., which meets her new needs perfectly.

"It's a big change," she said. "But I guess that is part of downsizing."

One of the most difficult parts of Quinn's transition was boxing up more than 30 years of memories, and deciding which items to move into her new home, which to give to her children and deciding which to donate or discard. It's a familiar conundrum for many seniors: organizing, decluttering and resisting the desire to take more than their new, smaller homes can accommodate.

"We see it all the time with our members," said Barbara Sullivan, executive director of Mount Vernon At Home, a nonprofit that helps senior citizens age in their own homes. "Our volunteers help with downsizing by reorganizing, cleaning out closets, and decluttering."

Downsizing is also emotional: "Moving from a 4,000-square-foot home into a retirement community or small 800- to 1,200-square-foot apartment can be difficult," said Daniel Sanders, president and CEO of Four Sales LTD, a professional estate sales, auctions and personal property appraisals company. "There is often a conflict between what Mom and Dad want them to take with them and what they can actually accom-



PHOTO COURTESY OF FOUR SALE

**Daniel Sanders, president and CEO of Four Sales LTD, a professional estate sales, auctions and personal property appraisals company, helps clear out a garage. Such services make it easier for seniors down move from a large home into a smaller house.**

modate."

When tackling the downsizing process, Sanders suggests a few guidelines: "We strongly recommend using an emotional yard stick to determine whether to keep or not keep something," he said. "Look for things that have a memory associated with them. Like, 'Remember when Mom and

Dad went to Rehoboth [Beach] and bought this Murano glass bird? It was one of the best days of their lives.'"

**"A personal space is like an autobiography. People are complex so it is often difficult to find just one style that fits every impulse."**

— Susan Hergenrather, Ph.D., professor of interior design, Marymount University

Those mementos go on a list of items to consider keeping, said Sanders. He recommends waiting 24 hours and then trying to cut the list in half. "Depending on the age of the parent, it's good to work in two to

three hour shifts, take a break and do another two to three hour shift.

"We want to build mild frustration because you begin to make decisive decisions that are more precise," he said. "And you are less likely to rethink and over-think."

When cleaning a larger home in preparation for a downsize, Sanders suggests that families go through each room of the house in a systematic fashion, collecting family photos; family records like birth, death and marriage certificates; and financial records.

"You'd be surprised by how much you accumulate over the years," said Quinn. "The process is draining, both physically and mentally. The only bright spot was that I was going to be living closer to my children and grandchildren and I liked my new town house."

Once seniors have pared down their belongings and begun the moving process, some, like Quinn, begin to look forward to starting anew and designing their new homes to reflect their new styles and needs. However, it's not only important to arrange furniture and accessories tastefully, but in a way that takes issues like safety hazards and new lifestyle issues into consideration.

"The best advice is understanding that personal style is rooted in your past, places that you love, the present, what you love today, and the future," said Susan Hergenrather, Ph.D. associate professor of interior design at Marymount University in Arlington, Va. "A personal space is like an autobiography. People are complex, so it is often difficult to find just one style that fits every impulse."

When it comes to creating a comfortable

SEE DOWNSIZE, PAGE 5

## Quilting Studio Adds to Dream Home

At 72, Wanda Rogers engages in an early American craft she first learned from her grandmother.

BY JOHN BYRD  
THE CONNECTION

Quilting takes patience; ditto the steps entailed in setting up a quilting studio all of one's own.

Such are the reflections of Wanda Rogers, 72, who is now tapering off a 51-year professional career, and increasing precious hours spent in the pursuit of a mountain-state handicraft she learned from her mother and grandmother.

"We were all quilters where I grew up in West Virginia," Rogers recalls. "My mother, my grandmother, my aunt. The originality of a quilt's pattern is the larger artistic goal,

but it takes a lot of concentrated quiet time to achieve it. Between raising children, moving frequently and then working, there just weren't a lot hours for quilting before now, much as I love it."

The particularly hectic phase of Rogers' young married life included setting up 18 different households in places where husband Ted, an Air Force pilot, was stationed. In the early 1980s, the family finally settled into a 2,533-square-foot ranch house on two acres near Springfield.

Three years ago, when Ted retired, the couple collaborated with remodeler David

SEE QUILTING STUDIO, PAGE 4



PHOTO COURTESY OF HOME FRONTS NEWS

**Wanda and her daughter Janyce preparing fabrics at the studio's work table. The marble counter surface also has a role in the studio's kitchenette.**



# Quilting Studio Adds to Dream Home

FROM PAGE 3

Foster in transforming the ranch into a substantially enlarged and upgraded “dream house,” complete with a two-car garage topped by a future quilting studio.

“I knew my plans were getting closer to reality when we added drywall to the attic room above the garage,” Rogers says. “Once the space was shelled-in, I began to see how the studio would look and function.”

For the next three years, however, Rogers kept up her a daily work schedule with a healthcare consulting firm, a job that required frequent out-of-town meetings.

“We had installed temperature controls in the studio when we remodeled the house,” Rogers says. “Everything was well-insulated and bright, so I moved-in an easy chair and started thinking about what I wanted to do.”

Last year, Ted presented Wanda with a professional quality Bernina Sewing Machine, and the studio makeover got underway in earnest.

“We designed the suite specifically to support Wanda’s creative process,” says Foster, who has operated Foster Remodeling Solutions for more than 35 years. “We had to allocate enough floor space in the middle of the room so she could completely lay out a quilt in progress. Her process also requires a way to keep carefully catalogued materials within easy reach.”

**AT 400 SQUARE FEET,** with large windows on both the eastern- and western-facing walls, the studio is flooded with natural light during the day, an effect Wanda finds inspiring. The hickory wood flooring, apart from its lovely aesthetics, is entirely functional as a surface for cutting and assembling fabrics. Built-ins on either side of the assembly area have been custom-designed to hold specific fabrics and other



PHOTOS COURTESY OF HOME FRONTS NEWS

**Three generations (from left): Janyce Rogers, Wanda Rogers and Julia Walker display recent handiwork.**

essentials. Rogers says some of the fabrics date back to the 1930s and were passed down from her grandmother.

“All the women in the family were active in quilting bees” Rogers recalls. “One of my aunts’ designs was featured over the cover of a national magazine. We were also active in the National Quilting Symposium”.

But for all its delicacy of color and pattern, a quilt must also be functional as a bed cover. To assure the end-product is well-made, Rogers employs a Bernina “surger” which stitches finished overlock seams on the side of the quilt opposite from the display pattern. Since Rogers likes to regularly consider fabrics in a variety of colors, shades and textures, the studio offers some 64 cubic feet of additional storage space behind each wall.

Like most dedicated artisans, Rogers insisted on a self-sufficient studio that would

allow her to stick with a developing vision without interruption. Hence, the kitchenette, the full bath with walk-in shower. Also, the Advantium oven; two-burner cooktop; the WiFi hook-up, the laptop.

“I don’t have to run back to the house for lunch, or a cup of tea,” Rogers says. “The amenities simply allow me to concentrate on the project at hand. That’s what it takes to do this kind of work well.”

While the full bath and refined finishwork will also allow the attic to double as a guest room when needed, Rogers says the studio is fundamentally designed for quilting. By inserting a specially designed cutting board

over the sink, for instance, the L-shaped kitchenette surface converts to a work table. There’s even an unseen custom niche to hold the ironing board Rogers uses to flatten fabric.

“I see the studio as an integral part to my life ahead,” says Rogers, adding that that her 10-year old granddaughter now wants to learn quilting from her. “This kind of fulfillment isn’t just good luck; it’s something you have to plan.”

On a related note, David Foster observes that the studio is consistent with the kind broader-scale retirement home upgrades his firm has been seeing in the recent past. Seventy-five percent of his current clients are now over 55; as of last year, 44 percent had come back to him for a second project.

“We’re seeing a lot more interest in a phased development approach to retrofitting the family house for retirement,” Foster says. “To save money on future projects,

a remodeling client sometimes asks us to insulate and dry-wall a part of the house they don’t plan to actually use for a while. This is a simple way of thinking ahead that adds value and usually doesn’t appreciably increase the existing remodeling budget. There’s a kind of generational search for more enduring

housing solutions that’s now underway, and it’s evolving rapidly.”

*Foster Remodeling Solutions periodically offers workshops on home remodeling topics. Call 703-550-1371 or visit [www.fosterremodeling.com](http://www.fosterremodeling.com) for more. John Byrd ([byrdmatx@gmail.com](mailto:byrdmatx@gmail.com)) has been writing about home improvement topics for 30 years.*



**Pattern originality is one of quilting’s primary artistic goals, Rogers says, adding: “it’s a process that can’t be rushed.”**



**Situated above the family’s two car garage, the new quilting studio provides the privacy Wanda Rogers was seeking when she decided to resume the craft she learned from her grandmother more than 60 years ago.**



**Wanda Rogers, 71, displays some of her quilts.**



# Tips for Right-sizing the Next Phase

FROM PAGE 3

but elegant living space, Hergenrather says, “First, think about the work the space needs to do.”

**WAITING TOO LONG** before making the decision to downsize can complicate the process. “It’s always better for someone to downsize to a smaller home before they are in a crisis situation, [for example] suddenly, they can no longer climb a lot of stairs and must move to a single-level dwelling, but often a person will put off that decision until it’s nearly too late,” said Cele Garrett, Executive Director of At Home in Alexandria. “We have some members facing that decision right now and they’ll often admit they should have done it sooner.”

For many seniors, a living space needs to keep them safe. “You might need to add grab bars,” said Sullivan. “Also watch for trip hazards like throw rugs and clutter. Check for furniture that needs to be moved back to make the house more accessible for moving around. Relocate plates, cups and saucers so that they are in easy reach for seniors.”

Sullivan’s organization has volunteers who can help with enlarging bathrooms and widening doorways to accommodate wheelchairs and walkers.

When designing a new, smaller space,

Sanders recommends interior design magnetic floor planning kits, which help determine a person’s furniture needs and placement before they actually move. “The starting point for every good move is the floor plan at the receiving location,” he said.

When moving out of a familiar environment and into new surroundings, there are a few factors that can be overlooked when striving to maintain one’s quality of life.

**“Personal style is rooted in your past, places that you love, the present, what you love today, and the future.”**

— Susan Hergenrather, Ph.D., professor of interior design, Marymount University

If a senior chooses to live alone, there are several issues that should be monitored, advises Maura Barillaro, a registered nurse with Home Care Assistance in Bethesda, McLean and Fairfax. “Basically, there are so many needs that we see in the elderly, including boredom, frailty, loneliness, mobility issues, progressing illnesses,” she said.

“We would all like to maintain cognitive functioning throughout our lives and this is especially important late in life,” said Pam

Greenwood, Ph.D., associate professor of psychology, George Mason University in Fairfax, Va. So when looking for a new place to live, make sure there are opportunities for physical exercise, mental stimulation and social stimulation.

“The strongest evidence concerns aerobic exercise – there are real benefits for mind and brain of moving physically daily,”

said Greenwood.

“There is also growing evidence of the benefits of cognitive training for everyday functioning – perhaps the strongest evidence is perception training – visual and auditory perception. Several studies, including our own, have shown broad transfer of benefits from perception training to everyday functioning.”



**When remodeling this bathroom, Glickman Design Build added a bench to this shower. Such features can help seniors to downsize and live alone safely.**

PHOTOS COURTESY OF GLICKMAN DESIGN BUILD



PHOTO COURTESY OF MOUNT VERNON AT HOME

**A volunteer helps change a light bulb for a Mount Vernon at Home member.**



PHOTOS COURTESY OF ALEXANDRIA AT HOME

**An Alexandria at Home volunteer hangs a painting for one of the organization’s seniors who chose to downsize and live alone.**



**Alexandria at Home volunteers helps a member with yard work. Such services allow seniors to downsize and live alone more easily.**



## Engaging over the New Yorker

Members enjoy intellectual stimulation, camaraderie over long term.

BY MARILYN CAMPBELL  
THE CONNECTION

There was a time when 83-year-old Bob Kanchuger spent most Friday mornings on a 30-mile bike ride with friends. The group of retirees would pedal toward a local destination – Bethesda, Md., to Old Town Alexandria, Va., was a favorite trek — where they would have coffee and spirited debates on everything from foreign policy to economic inequality before making the return trip.

“One of the things that kept people coming together is that we would have a defined day of riding and we would make sure we had an interesting place to stop and have coffee and discussions,” said Kanchuger, a resident of Potomac, Md., and an attorney who retired from the World Bank Group.

While outdoor exercise was a definite benefit, it wasn’t the best part for all of the group members. “The most enjoyable part was the discussion at our mid-way point,” said Dr. Elliot C. Wilner, a retired neurologist who lives in Bethesda.

Kanchuger wanted to preserve the stimulating discussions even after the bike rides were no longer possible. “It was likely that biking would come to an end because of our age and physical health,” said Kanchuger. “Several of us subscribed to the New Yorker and enjoyed discussing the articles, and that was an activity that would meet some of our social needs of retirement.”

So Kanchuger approached Wilner with the idea of forming a New Yorker magazine discussion group. They invited a few like-minded friends from the biking group. The men meet on the first Wednesday afternoon



PHOTO COURTESY OF DAWN LANDSMAN

**Before the New Yorker Group, spirited discussions took place as part of the Friday morning bicycling group. Here, Tony Abrams, Dawn Landsman, Mark Zweig, Elliot Wilner, Ian McDonald and Bob Kanchuger pictured in 2009.**

of each month for two hours of insightful conversation. Group members choose three to four stories from the magazine to read and analyze. Each article discussion is led by a group member who prepares ideas for analysis ahead of time and emails them to the group.

“I’ve gained and reinvigorated friendships,” said Wilner. “I enjoy the intellectually stimulating discussions with bright, educated, well-informed people.”

**FOR THE SEPTEMBER MEETING,** Wilner suggested two of James Surowiecki’s

columns. “Because they present both sides of an important issue,” Wilner said. “Corporate America has, over the past 40 years or so, evolved a business model that has been almost totally devoted to the personal enrichment of executives and shareholders, with very little concern for the welfare of workers or the nation; and yet there is another, more socially conscious business model that has been shown to be successful but is not widely emulated,” said Wilner.

The men are united, in part, by their affinity for mental rigor. “We all enjoy the intellectual stimulation, but the camaraderie is one of the best aspects,” said Peter

Kimm of Potomac, a retired foreign aid official who was for 30-years Director of Housing and Urban Programs at the U.S. Agency for International Development. “We like each other. We’re a diverse group of people – retired doctors, lawyers, engineers ... with a wide range of interests. Everybody in the group is successful.”

Light snacks, coffee and spirited debates characterize most of the meetings.

“We don’t agree on everything,” said 80-year-old Victor Kimm, Peter Kimm’s brother, of McLean, Va., an engineer and retired senior executive for the Environmental Protection Agency. “We’ve seen people who’ve had very different views, but there is a mutual respect. We have different ways of looking at an issue and moving on. I think it has something to do with the age of the group members.”

Victor Kimm, who is also the executive director of SHARE, a non-profit organization in McLean that helps meet the emergency needs of those with limited financial resources, says the men have explored articles ranging from the growing inequity of income in the United States to stories about the group of Chilean miners trapped underground for more than two months.

“There is a certain rigor or discipline in having a monthly meeting where you read and prepare in advance,” he said. “You have to stick with it.”

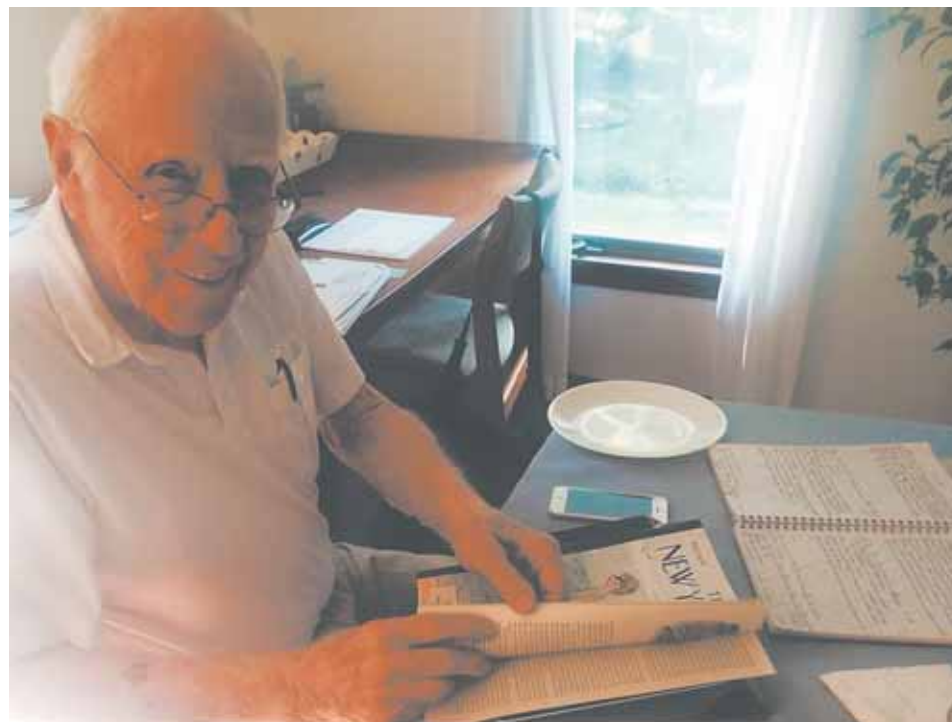
The bond between the men, however, extends beyond erudition.

“We all greatly value the friendships of this group,” said Ian MacDonald, a resident of Chevy Chase, Md., a former journalist who retired from the International Monetary Fund and who grew up in Great Britain and graduated from the University of Oxford. “And we’ve been there for each other during difficult times.”



PHOTO COURTESY OF ELLIOT WILNER

**Elliot Wilner reads to his granddaughter, Yael Fritschie, who is not yet a member of either the New Yorker or bicycle group.**



**Peter Kimm**



# Senior Living

## Planning for 50-Plus

FROM PAGE 2

like Adult Companion Care come in. They're qualified to and regularly perform background checks, and rent money could offset the cost of home care medical service.

"This gives them a mechanism to age in place and keep up with the burdens," said Herrity.

According to the same 2011 Census Bureau study, 76.8 percent of Fairfax County residents 80 or older live in single family homes.

**THE COMMISSION ON AGING** will regularly — either quarterly or annually — fill out a scorecard of sorts for each of the initiatives and report back to the board.

To help with evaluating the effectiveness of the plan, Herrity enlisted the help of Thomas Prohaska, Dean of the George Mason University College of Health and Human Services. A team of gerontologists from Prohaska's department will help gather and analyze data from the various initiatives.

Prohaska said the county has some work to do. "They're definitely not dead last," said Prohaska, referring to Fairfax County's aging-friendliness compared with the rest of the country, "but definitely not up in front. This is a serious effort they're doing here. If it all comes into place, it will definitely be an improvement in the quality of life."

Prohaska referenced Florida, which has seen "empirical improvements in the health of the individual" with programs that help adults stay involved in community organizations, as well as Illinois, which he said actually saved money by spending \$600 million to keep people out of nursing homes. (Though Illinois isn't necessarily a front-runner on this, but rather an example of a national trend.)

But Fairfax county isn't far behind with its 50+ plan. "They've got quite a menu of things going on here," Prohaska said. "It will be fascinating. This isn't a one-time thing; this is a sea change."

## Popular Throughout the Mid-Atlantic. Now Coming to Great Falls.



**Vibrant Community**  
Great gathering places to connect and engage; transportation services offering you *freedom* to get out and about.

**Vibrant People**  
Everyone shares a *spirit of vibrant living*; programs to keep your mind, body and spirit at their best.



**Vibrant Lifestyle**  
High-energy *fun* to quiet relaxation and a social life as full as you want it to be.

**Vibrant Company**  
Proven track record and outstanding residents and associates.



**BRIGHTVIEW**  
GREAT FALLS  
ASSISTED LIVING

10200 Colvin Run Rd. • Great Falls, VA 22066  
BrightviewGreatFalls.com

Welcome Center Now Open

Please call for more information.  
**703-759-2513**



## You Can Make a Difference



Cats benefit from being in a foster home. We need long- and short-term fosters for cats of all ages, mothers with litters and kittens on their own.  
Email [cats@lostdogrescue.org](mailto:cats@lostdogrescue.org).

## Consider Fostering

visit the website, click on Participate

Adopt/Donate/Volunteer at  
[www.lostdogrescue.org](http://www.lostdogrescue.org)



## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### SEPTEMBER

Publishing Dates

HomeLifeStyle.....9/10/14  
A+ Camps & Schools.....9/17/14  
Fall Fun & Arts Preview.....9/24/14

### OCTOBER

Wellbeing.....10/1/14  
HomeLifeStyle PULLOUT:  
Deadline is 9/25/14.....10/8/14  
A+ Camps & Schools.....10/15/14  
Election Preview I.....10/22/14  
Election Preview II.....10/29/14



### NOVEMBER

Election Day is Tuesday, November 4.  
Wellbeing.....11/5/14

E-mail [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com) for more information.

**THE CONNECTION**  
Newspapers & Online  
**703-778-9431**  
[www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

### Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centre View
- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Clifton/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

HomeLifeStyle.....11/12/14  
Holiday Entertainment & Gift Guide I.....11/19/14  
A+ .....11/25/14  
Thanksgiving is November 27.  
**DECEMBER**  
Wellbeing.....12/3/14  
HomeLifeStyle: Home for the Holidays.....12/10/14  
Hanukkah begins December 16.  
Holiday Entertainment & Gift Guide II.....12/16/14  
A+ Camps & Schools.....12/16/14  
CHILDREN'S CONNECTION.....12/24/14



# After The Fall

BY ANN EMMONS  
PETRI

It started off like any other February day with our usual trip to the fitness club for morning exercises. What made this day different was that Bill, my 93-year-old husband, slipped and fell on some ice on our driveway, striking the back of his head. He said it didn't hurt.

But the next day he complained of feeling tired and each day after that he felt a little worse. Still, we didn't see any connection to his fall. By the fourth day, however, he was so weak he couldn't even get out of his chair for lunch. It finally dawned on me that something was seriously wrong and I needed to call 911.

It turned out I was four days too late. All this time, because he was on a blood thinner for his high blood pressure, he had been bleeding in his brain. The neurologist at the hospital where the ambulance took him later told me that it was one of the worst cerebral hemorrhages she had ever seen.

## IN MY OWN WORDS

The symptoms are similar to those of a stroke and by then he was unable to talk coherently, remember things, or walk. This was a man, who, before he retired, had been a successful United States Government chemical and aeronautical engineer, someone who had his own chem lab in the basement next to a beautiful woodworking shop furnished with tools handed down from his craftsman father. A man who could fix anything.

After the first week in Intensive Care he was moved to a floor which specialized in stroke victims where he spent the next month. Little by little he began to show improvement. His next stop after six weeks in the regular hospital would be a rehabilitation facility where he could receive the daily intensive speech, physical, and occupational therapy he needed. There he would have to relearn the simplest tasks like how to speak, how to feed himself, how to get out of a bed and into a wheelchair, and how to care for himself in general.

A rehab hospital very close to our home in McLean, Virginia was found which had a bed available and he was transferred there by ambulance. Here, he was kept busy most of the day with one kind of therapy or another. After several weeks he graduated from using a wheelchair to a walker and when he wasn't occupied with therapy we



PHOTO BY WILLIAM ARTHUR PETRI, JR.

Ann and Bill Petri

practiced using his walker in the halls and some days we even had time to take in a movie in the rehab center's small theater! There was also a Happy Hour on Tuesdays that I especially liked with wine, snacks, and lively conversation!

As I look back during all this time, probably the most positive factor in his long slow recovery has been his attitude. He never stops trying, no matter how discouraging his progress must seem. His attitude is simply amazing. He is always upbeat.

Another positive aspect is that we are the parents of three doctors (and one lawyer) which kind of made us celebrities in a medical setting. One or the other of them was often visiting and conferring with the rehab staff on their father's care even though their specialties (rheumatology, infectious diseases, and oncology) were far afield.

After several months, it was decided that Bill could continue his recovery at home. And so, on May 8, 2014, exactly three months after the initial injury he returned home.

While he was in the rehabilitation hospital I had taken the opportunity to prepare our two story home for his return with grab bars in the bathrooms and shower, and a stair lift so that he could sleep in his own bed.

So, now, here we are, six months later, settled in our own house, with Bill dependent on me for almost everything, including something I was not expecting: making all the decisions by myself. I won't say it's been easy. It hasn't. I have to say, though, that after 61 years of being the dependent one, I am getting pretty good at being the boss!

## Senior Living Calendar

A sampling of calendar items from around the region.

### SUNDAY-SATURDAY/SEPT. 7-13

**The Magic of Music.** At Spring Hills Mount Vernon, 3709 Shannons Green Way, Alexandria. A flurry of musical activities will bring a broad spectrum of entertaining and educational musical events to Spring Hills Mount Vernon Assisted Living Community. The highlight of the week is the "Spring Hills Got Talent Show," featuring performances by residents, staff and community members on Sunday, September 7 at 6 p.m. The public is welcome. Call 703-780-7100 or visit [www.springhillsmountvernon.com](http://www.springhillsmountvernon.com).

### SATURDAY-WEDNESDAY/SEPT. 13-24

**Northern Virginia Senior Olympics.** Online registration open. Various venues around Northern Virginia. Events include badminton, volleyball, cycling, a 5k road race, and many more. \$12 per person to register, free to spectators. Visit [www.nvso.us](http://www.nvso.us) for more.

### MONDAY/SEPT. 15

**Adult Resource Fair.** 10 a.m.-2 p.m. or 6-8:30 p.m. at Gum Springs Community Center, 8100 Fordson Road. Get information on training programs, employment, academic resources and more. Call 703-324-4600 or 703-360-6088.

### WEDNESDAY/SEPT. 17

**Providing Health Care Information.** 1-2:30 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane. Marie Woodward, RN, presents information on creating and maintaining a personal health care record to provide critical health care information to a new doctor, physical therapist or an emergency responder. Call 703-383-9300 for more.

### THURSDAY/SEPT. 18

**Lunch N' Life.** 12 - 2 p.m. Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. Are you 50 or better? Enjoy lunch while listening to featured speaker ABC Channel 7's Weather Team and Meteorologist Brian Van de Graff. \$10. For reservations call 703-620-0161 by Sept. 12. If transportation is needed, call 703-323-4788. For more information visit, [www.scfbva.org](http://www.scfbva.org).

### FRIDAY/SEPT. 26

**"Fall-Risk" Assessment.** 1-4 p.m. at Carlin Springs Health Pavilion, 601 S. Carlin Springs Road, Arlington. Virginia Hospital Center and Marymount University will provide comprehensive examinations measuring your risk for falling down. The appointment includes a one-on-one medication review, blood pressure check, vision screening, and six physical therapy tests to assess balance and risk for a fall. A physical therapist will review results and give a personalized evaluation, recommendations on how to reduce or eliminate those risks, and provide education about successful independent living. To schedule an appointment, call 703-558-6861.

### SUNDAY/SEPT. 28

**Walk to End Alzheimer's.** 3 p.m. Reston Town Center, 11900 Market St., Reston. Walk and fundraise to further the care, support and research efforts of the Alzheimer's Association. Visit <http://act.alz.org>.

### SATURDAY/OCT. 4

**Lovely Low-Maintenance Gardens.** 10:30 a.m.-12 p.m. Green Spring Gardens, 4603 Green Spring Rd, Alexandria. Garden smarter, not harder with Brenda Skarphol, who leads you to sunny plant combinations and eco-friendly gardening techniques. Admissions: \$18/person. Register at [www.fairfaxcountygov/parks/greenspring](http://www.fairfaxcountygov/parks/greenspring) using code 290 488 5401 or call 703-642-5173.

### FRIDAY-SUNDAY/OCT. 17-19

**FreedomWalk Festival.** The US FreedomWalk Festival is a weekend long, non-competitive, social walking challenge bringing participants of all ages and abilities together for fun, fitness, and international friendship. Different trails will be offered each day, and a variety of distances ranging from 3-27 miles (5-43 kilometers) starting at the Holiday Inn Rosslyn, 1900 N Fort Myer Drive. Visit [www.rosslynva.org/do](http://www.rosslynva.org/do) for more.

### FRIDAY/OCT. 24

**Healthy Aging Lecture Series.** 11 a.m.-noon at 601 S. Carlin Springs Road, Arlington. 2014-2015 Medicare Update with John Glowacky of Arlington County ADSD. Every year there are changes made with the Medicare coverage. It is always advised to stay up to date with these changes to avoid any medical billing mishaps. Free. Call 703-558-6859 to RSVP.

### THURSDAY/NOV. 13

**Memory Screening.** 9 a.m.-noon at Langston Brown Senior Center, 2121 N Culpeper St., Arlington. Virginia Hospital Center and Care Options will be sponsoring free, confidential memory screenings to promote detection of memory problems and provide education about successful aging. The one-to-one, noninvasive screening takes only about five to 10 minutes administered by a qualified healthcare professional. For more information or to schedule an appointment, call 703-237-9048.

### FRIDAY/NOV. 21

**Healthy Aging Lecture Series.** 11 a.m.-noon at 601 S. Carlin Springs Road, Arlington. Nutrition: Living Healthy with Heart Disease with Mary Ann Petryszyn, RD. One of the nation's biggest killers is diseases related to lifestyle choices. What we eat is much more impactful on our long-term health than any medicine that we take. Making appropriate nutrition choices as part of our daily routine is an important step in the right direction. Learn about maintaining a healthy diet with VHC's registered dietitian. Free. Call 703-558-6859 to RSVP.

### ONGOING

**Yoga for Everybody.** Wednesdays, 7-8:30 p.m.; Saturdays, 10-11:30 a.m. This traditional approach to yoga reduces stress and increases strength and flexibility. Classes begin Wednesday, July 9 and Saturday, July 12. \$66. Health Pavilion, 601 S. Carlin Springs Road, Arlington. Call 703-558-6859.

**Adaptive/Seated Yoga.** Tuesdays, 11:15 a.m.-12:15 p.m.; Sundays, 3-4 p.m. For older or physically challenged adults with limited mobility, chronic pain or neuropathy. Adaptive yoga emphasizes breathing, gentle stretching and going at your own pace. Classes begin Sunday, July 13. \$66. Health Pavilion, 601 S. Carlin Springs Road, Arlington. Call 703-558-6859.

### Alzheimer's Association Support Group

has meetings on the third Wednesday at 10:30 a.m. at Carlin Springs Health Pavilion, 601 S. Carlin Springs Road, Arlington and also the first and third Thursday at 10 a.m. at St. Andrew's Episcopal Church, 4000 Lorcom Lane, Arlington. They are open to people with Alzheimer's, their caregivers, family members and friends. Free. Call the Alzheimer's Association 24/7 Helpline at 703-359-4440 or 800-272-3900 before attending a group for the first time to verify meeting information, obtain directions or other information about the group. A complete list of all groups in the National Capital Area region can be found at [www.alz.org/nca](http://www.alz.org/nca).

**Lifeline Personal Alert System.** Virginia Hospital Center Senior Health staff locally manage the personal emergency response system. Help is available 24 hours a day, seven days a week. Monthly cost starts at \$42. Call 703-558-6859 for more information.

**Instruments Wanted.** Instruments of any type or size — from a piano to a piccolo, in response to school's needs. Donations are tax exempt. Contact Miriam Miller, Opera NOVA for pick up. 703-536-7557; [mcdm1@verizon.net](mailto:mcdm1@verizon.net); [www.operaguildnova.org](http://www.operaguildnova.org).

### Singers Wanted for the Celebration Singers.

The women's show choir is interested in new talent to perform at various Northern Virginia community sites. Practices are Wednesdays 10:30 a.m.-2:30 p.m. in Burke. Contact Gayle Parsons, 703-644-4485 or email [gparsons3@cox.net](mailto:gparsons3@cox.net).

**Senior Fall Prevention Classes.** 1:30-2:30 p.m., at the Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Tuesday and/or Thursday classes in a heated pool designed to work on balance and core muscles for injury prevention. \$10. 703-667-9800.